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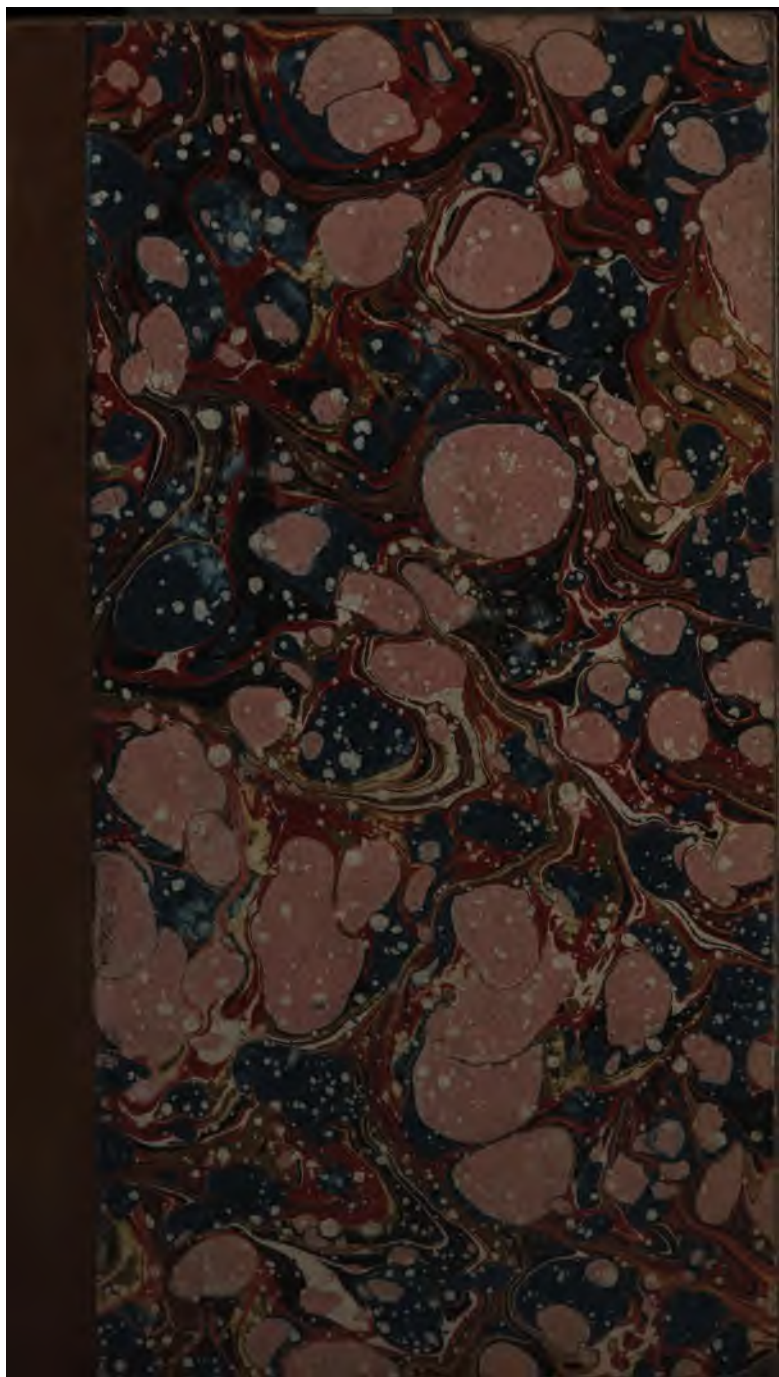
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48. 1806.







WARTON'S ERVALENTA.

HABITUAL CONSTIPATION,

BAD DIGESTION,

AND OTHER CHRONIC DISEASES OF THE DIGESTIVE ORGANS

CURED WITHOUT MEDICINE

BY A

NATURAL, SIMPLE, AND AGREEABLE MEANS,

DISCOVERED IN FRANCE

BY

M. WARTON.

CONFIRMED BY ATTESTATIONS

FROM EMINENT PHYSICIANS AND OTHERS



SIXTH ENGLISH EDITION,

CORRESPONDING TO THE TWENTY-FOURTH IMPROVED FRENCH EDITION.

LONDON,

SOLD BY JAMES YOUENS, 36 FARRINGDON STREET. CITY;

AND TO BE HAD OF ALL BOOKSELLERS IN THE UNITED KINGDOM.

ENTERED AT STATIONERS' HALL.

MDGCCXLVIII.

FRENCH JUDICIAL REPORTS :

see Chap. VI, Sect. 12, together with the Appendix, p. lxxxii, of this Work

“ The Judicial Examiner (the able chemist Chevalier) rendered homage to *the perfectly innocuous nature* of these two productions (*Warton's Ervalenta and Melasse*).”

GAZETTE DES TRIBUNAUX of May 24. 1843.

“ Mr. Warton produced (in the *Cour Royale* at Paris) a voluminous file of DOCUMENTS which attest in the strongest terms, and in the most positive manner, that the *Ervalenta* and *Melasse* called *Cochin-Chinese* (i. e. *Warton's Melasse*) do really possess the property of overcoming CONSTIPATION, and thereby of curing ALL THOSE DISEASES which depend upon it, and against which medical science had hitherto been powerless. All these Documents had been addressed to him by very respectable members of each class of society, and by first-rate Physicians of Paris and the country. Several of these papers are legalised.”

JOURNAL DU COMMERCE of July 8. 1843.

CERTIFICATE OF D^r URE OF LONDON :

see Chap. VI, Sect. 12.

“ London, Dec 2. 1847.

“ I have analysed a sample of the finely ground meal of a leguminous seed, called *Ervalenta*, and find it to be a pure vegetable product, very nutritious and easily digestible, possessing the character of counteracting habitual constipation, and establishing a regularity in the alvine discharge. The said *Ervalenta* is in my opinion a perfectly wholesome dietetic.

(Signed,) ANDREW URE, M. D., F. R. S.
Professor of Chemistry, and Analytical Chemist.”

NOTICES.

1. Notice of the old form of *this Work* *, and of our pamphlet of *Instructions*†, from the *Naval and Military Gazette* of Nov. 6. 1847.

“ The successful treatment of Constipation by the employment of Ervalenta, is a discovery recently made in France, where numerous cures are said to have been effected. The attestations are of the most respectable character ; and, even in cases of the most obstinate nature,—some of them of twenty years’ standing,—not a single failure is said to have occurred. The Ervalenta is described as a farinaceous plant from Africa. The farina is not administered, neither does it operate, as a medicine ; but is taken simply as an exceedingly pleasant and eminently nutritious food for persons of all ages, from infancy to extreme senility. Moreover, it is economical in expenditure. But its grand merit appears to be, that the cure which it effects is of a *permanent*, and not merely of a *temporary* character. Unquestionably these pamphlets ought to be read. If their statements be based in truth,—and we have no reason to doubt them,—an *infallible* and *invaluable* remedy for one of the most serious evils of humanity has been discovered.”

II. Notice of the *Ervallenta* from the *Pictorial Times*.

“ *Ervallenta*.—Many species of the leguminous plants have long been prized by mankind as affording nutrition to the human system (instances are familiar to all), but it remained for the present day to obtain from them

* See the note to p. xxxviii, No. 6, of the present Edition.

† See the last paragraph of Chap. V, on p. 32.

not only a substitute for food, but also an agent for the promotion of health by calling into increased action the function of digestion, and giving a gentle and agreeable impetus to the action of the bowels. It is to Mr. Warton that we are indebted for this discovery. Having observed that the cause of the greater number of diseases in France is a retardation of the action of the system, and a consequent sluggishness of the bowels, he sought for a remedy, and fortunately found it in one of the mildest and at the same time most nutritive herbs. Its successful administration has led to its general use, and it has lately been introduced with equal advantage into England. Unfortunately however some needy adventurers have attempted to substitute useless substances, and hence those who are desirous of deriving the inestimable advantages which are to be obtained from the use of the real article, should be careful to procure *Warton's Ervalenta*." (On this last head see more in the Appendix to the present Work.)

INSTRUCTIONS ETC.

CHAPTER I.

IMPORTANT ADVICE.

THE first and the most important of all the INSTRUCTIONS we have to give to those who wish to be cured by the Alimentary Method, *before commencing the treatment*, to read with attention the Treatise on "*Warton's Ervalenta*" whose title is given in on the last page of the cover of the present pamphlet. The reading of the Work in question ought, we say, *to precede the use of Ervalenta*.

Those who neglect the reading of which the necessity is here laid on, will not attain their object either so quickly or so certainly as those who apply themselves to it with care. By the help of the Work the principles of this method of cure will be learnt; then, aided by the present *Instructions*, a person is in a condition to coöperate powerfully in the work of his own restoration, in the preservation of his health; because he is in a condition to do so, not in ignorance, but understanding the causes; and assuredly only when one is thus enlightened concerning things, that can profit suitably by them.

Felix qui potuit rerum cognoscere causas!—VIRGIL.

(Happy he who has been able to learn the causes of things!)

THE confidence of recovery which this knowledge of principles gives, persons will apply themselves to the work of their treatment, not as feeling their way, but with a firm step; and will not only commence it with courage, but also continue it with perseverance, because they will see what is the foundation of their success.

Another usual fruit of our advice will be the learning in detail (which is very advantageous for patients) how the cure of some one or persons whom the Ervalenta has delivered from affections due to one's own has been effected; for as the Work of which we are recommending the reading contains a great number of different cases, almost all described by the sufferers themselves, one will not fail to find at least one which is similar to one's own. Persons will see moreover in these interesting relations (of which I, too, enter much into detail), not merely the time which, in at part of the cases, the treatment lasted, but also various par-

ticalars which occurred in the case of different individuals, and of which the knowledge is often very useful to patients.

It will easily be understood, from what we have said, how advantageous the reading of the above Treatise on "*Warton's Ervalenta*" must be for patients, not merely as regards principles, but also in a practical point of view.

Let no one, then, complain that he has not obtained from the use of the Ervalenta, or of the Ervalenta and Warton's Melasse (called Cochín-Chinese), all the good he had a right to expect, if, after this advice, he does not hasten to read with care the Treatise in question.

NOTE. For the purchasers of the Ervalenta, to whom alone we forward these *Instructions**, and who ought, in accordance with the urgent advice we have just given, either to have read already, or to read without delay, the Treatise itself of which we have spoken, it cannot be necessary to enter into details concerning its contents. In order, however, that no one may read the present pamphlet without having some idea with respect to them, and in order at the same time the better to convince all of the utility of the perusal we recommend of it, we have thought it well to add to these *Instructions* the whole of the *Summary View* which is there found, of *the Powers of the Ervalenta*. For the same reason we also add in full both the *Appendix* and the contents of the *Cover* of the same Work. The *Summary View* begins on page 14.

CHAPTER II.

WHO MAY HOPE FOR A SATISFACTORY RESULT FROM THE USE OF ERVALENTA.

The persons who can ordinarily expect a satisfactory result from the use of Ervalenta, are *those ALONE* who, *following strictly the regimen indicated in Chapter IV of this pamphlet*, make use of that farina regularly at the first and last meal of each day *during a space of time more or less considerable*, according to the gravity of their several cases, until the bowels begin to perform their office freely and naturally, *without having recourse to Ervalenta*. (See Chap. VI, paragraph 1.)

Two facts will shew how important it is to pay attention to this observation.

I. It will easily be understood that (with the exception of some particular cases in which persons must act according to circumstances)

* We give them with each packet of Ervalenta bought : we never sell them.

it is necessary to use Ervalenta twice a day during a certain period of time, if it be borne in mind that this substance is a mere aliment, and in no manner a medicine. It is on account of its *essentially* alimentary and *anti-medicinal* nature, that its effects are often not perceived before the third, the fifth, and even, in some obstinate and inveterate cases, the tenth day of using it. Ervalenta, then, is slow in producing its effects; whereas those of medicine are produced with precipitation. This is the reason, as we are about to see, why the former *cures*, and the latter so often *increases the intensity of the disorder*.

Purgatives, however necessary on many occasions, yet by their prompt, precipitate, and impetuous action, do violence to the stomach and intestines: they irritate them, fatigue them, and exhaust their energy. Accordingly, with the exception of certain cases, the relief which is obtained by means of medicine is but transient, constipation (*costiveness*) becomes more intense, and laborious digestion, gastritis, with all the other diseases which are produced or kept up by constipation, are found to increase.

On the contrary, the action of Ervalenta on these same organs is *gentle and calm*, and, for that very reason natural:—gradual and slow, it neither forces nor hurries nature. Hence the extraordinary cures which it effects.

Such being the nature of this farina, we insist here on the necessity of perseverance in using it twice a day (the patient attending to the instructions contained in Chapter IV), first, because otherwise a satisfactory result will rarely be obtained; and secondly, because several persons having expected from Ervalenta an effect almost as prompt as that of medicine, had erroneously abandoned this farina, in order again to resort to injections or purgatives; means which, when employed against inveterate constipation, *almost always aggravate the evil*, as is shewn in Chapter IV of the Treatise of which we have recommended the perusal.

It is by conforming to this advice of persevering in the use of Ervalenta twice a day (with attention to the instructions contained in Chapter IV of the present pamphlet), that so many persons of all classes of society, in France, in England, and in other countries, have been completely cured, after having employed in vain the ordinary means; that so many persons, *after more than twenty years of suffering*, have addressed to us documents which attest that they have been delivered, not merely from constipation and laborious digestion, but also from gastritis and so many other disorders. A great number of these remarkable documents, together with the names and addresses of their authors, are found in the Treatise of which we have spoken.

II. The necessity of conforming (as far as possible) to the instructions contained in Chapter IV will readily be felt when it is understood that these instructions apply chiefly to the *REGIMEN*, or *DIET*, to be followed. But what is meant by *regimen*, or *diet*, in case of disease? Do we not mean rules for avoiding, on the one

hand, any alimentation which is calculated to neutralize the good effect expected from a medical treatment, and on the other, to support one's self on aliments which are favourable to that treatment? This is what is usually prescribed, according to the circumstances, in a disease of whatever kind. But if it is important to observe a regimen when the agents used are *medicines*, it is still more important to do so when *Ergalenta* is the curative mean employed. This latter, being merely a kind of food, has not the force which medicines possess : its power for the evacuation of the alimentary canal even is comparatively weak. But in proportion as its force is inferior to that of medicines, the necessity is the greater, first, of avoiding every article of diet which is calculated in the slightest degree to produce a contrary effect ; and secondly, of making use of those kinds of food which tend to produce an effect conformable to the object of *Ergalenta*.

It will be understood, then, that, when *Ergalenta* is employed to destroy constipation in cases in which that affection has persisted for several months, or perhaps even years, it may often happen that, during the first days of its employment, that farina has not energy sufficient to expel from the body the fecal matter which has been greatly hardened by the prolonged action of intestinal heat. This is the reason why the instructions contained in Chapter IV point out the necessity, in all cases of the kind, of aiding the effect of the *Ergalenta* by aliments of an emollient and *opening* nature, such as WARTON'S MELASSE (called *Cochin-Chinese*), the various sorts of *prunes*, &c.

It is this same reason which has led us in the same Chapter *partially* to forbid the use of BREAD for some time after beginning to employ our means of cure. As bread sometimes constipates those who are disposed to that affection, it might more or less neutralize the good effects of the *Ergalenta*, if our counsel were neglected.

And here it is necessary to observe that, if, for the destruction of a constipation of long date, the *Ergalenta* possessed a force greater than it does in reality, such force would be too strong to admit of its being used daily and for a considerable time ; and hence, although it should subdue constipation for a certain time, it would *never* destroy it : on the contrary its ulterior effect would be to establish it *more permanently*, as do ultimately purgatives in general.

It will be remarked, however, that the necessity of using Warton's Melasse and prunes, and of avoiding bread, will diminish progressively. If the case be not obstinate, this effect will soon be perceived ; and consequently the patient may soon find himself in a condition to modify considerably, or even to lay aside altogether, these three points of our instructions.

In too many other regimens, their effect being but little perceptible, the patient is commonly disgusted, for want of being able to recognise their utility. In the regimen we prescribe, the good

effects which the patient obtains, are, on the contrary, both speedy and sensible; and hence he soon comes to appreciate our instructions at their just value, and observing them with firmness and constancy, attains the cure he desires.

NOTE. In these *Instructions*, we speak principally of Constipation and Bad Digestion, because it is from them that the other disorders of the digestive organs most usually proceed; but we have not neglected to point out (in Chapter IV) the modifications which will have to be made according to the difference of cases. The reader must understand, however, that the Alimentary Treatment varies only with the variations in the state of the alvine evacuations, and that, with this exception, whatever be in other respects the nature of the malady which it is wished to cure, no further variations are to be made beyond those which we ourselves leave to every one's taste, or which the patient or his medical adviser finds to suit him best.—In order to understand how the Ervalenta cures these different and apparently even opposite disorders, and thereby to direct one's course with the more intelligence and confidence, the Fourth, Fifth, and Sixth Chapters of the Treatise of which we have spoken must be read with attention.

CHAPTER III.

A FEW WORDS ON WARTON'S MELASSE.

Warton's Melasse (called *Cochin-chinese*) is necessary to a good number of patients at the same time with the Ervalenta; namely, when there is a very obstinate constipation, a chronic gastritis or gastralgia, enteritis or enteralgia, or any kind of lesion of the alimentary canal, of the liver, of the spleen, of the kidneys, of the bladder, &c.; and, *the use of the Ervalenta alone not determining one evacuation in the day, the patient finds himself seriously inconvenienced thereby.*

It will be understood that this Melasse is a laxative aliment of a very mild character, which is made use of in the manner pointed out in Chapter IV, *in order to assist the action of the Ervalenta in some cases in which, without its aid, that action would be too weak.* For the rest, it does not contain, any more than the Ervalenta, any pharmaceutical (medicinal) substance, and is incapable of doing harm in any case: see the documents contained in Chap. VI, Sect. 12, of the Treatise of which we have spoken.

In proof of the utility of this second substance in the cases in which we recommend it, we refer the reader to the Attestations which this same Treatise contains.

Let it not be forgotten, then, that there are cases in which, besides *the Ervalenta*, *Warton's Melasse* is also necessary.

The use of the Melasse should be discontinued as soon as Ervalenta, seasoned with sugar or salt, suffices to move the bowels; which the patient will ascertain by diminishing gradually the quantity of Melasse he is accustomed to take.

This Melasse may be used by persons advanced in years, but less freely than by others.

Note. For the manner of keeping this Melasse, as well as the Ervalenta, see Chap. VI, paragraph 3.

CHAPTER IV.

EMPLOYMENT OF WARTON'S ERVALENTA AND MELASSE. VARIOUS IMPORTANT COUNSELS.

NOTE.—MEDICAL MEN are respectfully requested, when they prescribe Ervalenta, to recommend their patients to attend to the instructions contained in this Chapter; as, if they neglected them, they would have no right to expect from the treatment a satisfactory result.

1. ERVALENTA PREPARED WITH MILK ALONE, WITH MILK AND WATER, AND WITH WATER ALONE. — The ordinary quantity is two ounces of Ervalenta to a pint of the liquid. Mix the Ervalenta with about six spoonfuls of milk alone, milk and water, or water alone, cold; shake and stir it until the powder is entirely diluted, and there does not remain a single lump; then pour in, by degrees, the rest of the liquid. When the whole is well mingled, put it on the fire until it begins to boil, taking care to stir it continually with a spoon, that it may not burn. At the time of taking it from the fire, add an ounce of fresh butter, and, according to the case (see paragraph 3), either *Warton's Melasse* (called Cochin-Chinese) or sugar, until it be sufficiently sweetened.

2. OBSERVATION. When properly prepared with milk, the Ervalenta is of a light straw colour, and without the smallest lump. We make this observation in order that, if Ervalenta be served up with lumps, or of a different appearance from the above, the fault may not be attributed to the Ervalenta itself, but to the want of care on the part of the cook who has prepared it.

3. The persons who ought to make use of Warton's Melasse and those who may dispense with it, are clearly distinguished in Chapter III. Sometimes it will be better to use partly the Melasse and partly sugar.

4. The butter may be omitted at pleasure; and in like manner, *when the Melasse is not used*, salt may be substituted for sugar.

5. **ERVALENTA PREPARED WITH MEAT SOUP.** The proportions of Ervalenta and liquid are the same as for the preceding preparations : two ounces of the farina to a pint of good meat soup. Beef soup is the best. It is mixed and cooked in the same manner as the above gruels ; only,—instead of adding Melasse or sugar, with butter,—salt is added, according to the taste.

6. The patient may confine himself to some one of the different preparations indicated in paragraphs 1 and 5, or vary them, according to the plan he finds suit him best.

7. The quantity of Ervalenta that should be taken at a meal, if the appetite permit, is, as has just been seen, two ounces, prepared with a pint of liquid. If this quantity of pottage (gruel or soup) be too little or too much for the appetite, a greater or less quantity may be prepared ; but the same proportions, except in the case provided for in paragraph 8, should be observed. In case, however, of diminution, the patient ought, by degrees, as the appetite permits, to make up the ordinary quantity mentioned above.

8. In the case of persons' finding it difficult to take the above preparations in the state of consistence recommended in paragraphs 1 and 5, half an ounce, or even (if necessary) a whole ounce less of Ervalenta may be employed, and the other ingredients, *the liquid excepted*, be diminished in the same proportion. As soon, however, as such persons can take the preparations in question in a thicker state, the degree of consistency recommended in paragraphs 1 and 5 should be gradually restored ; as it is more efficacious than a thinner one.

9. During the employment of Ervalenta, the patient ought not to take any kind of medicine, unless by the distinct advice of his medical attendant, and with the exception of the case provided for in paragraph 22.

10. At breakfast and supper, persons suffering from constipation ought, *for some time*, to avoid as much as possible the use of *wheaten bread*, as also of all aliments made of wheat, as panada, &c. For bread should be substituted, at these two meals, the preparations of Ervalenta.

11. Should *Warton's Melasse* (called Cochin-Chinese) not be made use of, it will be indispensable for constipated persons, in the beginning of the treatment, to take after each meal on Ervalenta from one to three table-spoonfuls of cooked prunes.—As the constipation becomes less strong, the use of prunes or of the Melasse should be *gradually* diminished (compare Chap. III) ; but Ervalenta must still be employed for some time after the Melasse or the prunes have been abandoned : see Chapter VI, paragraph 1.

12. **OBSERVATION.** Those who dislike prunes, will generally remark that if they take them after Ervalenta, the aversion will *cease*.

13. **OBSERVATION.** It would be a mistake to suppose that, when laxative aliments are employed simultaneously with Ervalenta, it is they that destroy habitual constipation. These articles do but assist the Ervalenta to determine the evacuations, whereas experience proves that it is to the special properties of this farina itself that the destruction of that malady is due. Moreover, it is only by making use of Ervalenta that many stomachs can bear green vegetables (see paragraph 17) and fruit.

14. The prunes are prepared in the following manner : a pound, for example, are well washed in tepid water several times renewed : they are then boiled *very gently* in a pint of water, until they are tender, which may require a little more than two hours. During the boiling, they are kept carefully covered. Sugar to suit the taste is added after they have boiled about half the above time : an ounce of loaf-sugar is generally sufficient.

15. Should some persons find a difficulty in digesting this fruit, a little cream, or a few spoonfuls of good milk, should be poured over them at the time of eating.

16. At dinner, at which Ervalenta is supposed not to be used, the ordinary dishes may be partaken of; but to overcome constipation, the quantity of *wheaten bread* which the patient habitually eats, must for some time be diminished as much as possible. By this Method the Ervalenta will produce its first effect sooner. (The *crust* of bread is less unfavourable to constipated persons than the *crumb*.) Puddings must also be renounced for some time, and pies, with pastry in general, given up altogether.

17. The meat eaten should be tender, and cooked in the simplest way : it may be roasted, baked, or boiled. Made, peppered, and spiced dishes should be avoided; the meat taken should be *less than usual* in quantity; and green vegetables should be used *copiously*. Potatoes may be partaken of, but in moderation.

18. The green leaves of the exterior part of the cabbage are much more wholesome and efficacious than the white ones of the interior. After a short time, cabbages and green vegetables will, in many cases, be as effectual as prunes &c. The green vegetables should be well boiled, and rendered palatable by the addition of butter. If meat be eaten at the same time, less butter should be used. Cabbages which have become hard should not be made use of. — All the medicine of the ancient Romans, during six hundred years, consisted in the use of cabbage.*

19. What is drunk at dinner may be of the same kind as usual ; but the quantity should be reduced to half, and the volume completed with water.

20. Until constipation be subdued, chocolate, cocoa, racahout,

* C. Plinii Secundi de Re Medicâ. lib. 4, c. 29.

and kaiffa must be avoided. Also, all seasonings with pepper or other spices must be totally rejected, and brandy, *liqueurs*, and acid, as well as hard and dry fruits, as walnuts, be avoided. Other fruits may be used with advantage. — It is also indispensable to avoid eating omelets, over-boiled eggs, and preparations of rice.

21. Until the violence of the constipation be assuaged, riding on horseback should be avoided.

22. If, after having begun to employ Ervalenta conformably to the instructions given, forty-eight hours from the preceding evacuation should be completed without the person's having a natural notion, let an injection of *tepid water* with a dessert spoonful of kitchen salt, or two dessert spoonfuls of olive oil, be used about two hours after one or other of the three daily meals;—not later, nor more than once in the day.—With the exception, however, of some particular cases, injections must not be had recourse to after the first or at most after the second week of employing Ervalenta, unless the constipation has been allowed to reestablish itself. — The necessity, which may occur, of having recourse to them at all, arises from the extreme desiccation which the fecal matter undergoes in the case of persons who have been long in the habit of employing them or taking purgatives. This desiccation is so great, that until the residue of the preceding alimentation be expelled, the Ervalenta will not produce its effect; for to all means employed for the purpose the *residue* in question opposes a *mechanical* force, that is to say, a force much stronger than ours.

23. Salt, as seasoning, should not be spared, so long as it does not offend the palate, as it greatly assists digestion.

24. **OBSERVATION.** Should the kind of alimentation recommended above be accompanied with inconvenient wind in the lower parts, the violence of the constipation will be the cause, and it will be found that, in proportion as that affection ceases, the wind will cease also. This wind, moreover, far from being injurious, as many persons imagine, is on the contrary, in cases of constipation, very efficacious in accelerating the alvine evacuations. *This is its destination*, and up to this time the intention of this provision of nature has been but imperfectly comprehended.

25. Even when constipation is destroyed, and the digestion begins to be performed with facility, neither meat, nor preparations from meat, should be eaten more than once a day; or, if they be, it should be only in small quantities and seldom.

26. At dinner itself, to diminish constipation, but small quantities of meat and of wheaten bread should be eaten: the greater part of the meal should consist of green vegetables.

27. In a state of fatigue, much food should not be taken in the evening; as the digestion would be badly performed, and hence the constipation would be increased.

28. Care must be taken not to overcharge the stomach, particularly when the food taken is *solid*.

29. The cure of constipation and bad digestion will be accelerated by taking the principal meal early in the day. In case of it not suiting to dine early enough to take the Ervalenta later, should be taken at dinner, instead of any other soup.

30. To prevent the irritation and swelling which the rectum and the sphincter of the anus undergo from the friction of hardened fecal matter, it is useful occasionally, and especially at the time of going to bed, to apply to the anus cucumber pomatum (*pommade de concombre*), white cerate, spermaceti ointment, or tallow.

31. It is of the greatest importance for persons habitually constipated, not to wear clothes which cause any degree of tightness in the abdominal region. That part of the body ought to be in the utmost liberty. This is a point which cannot be neglected without very injurious consequences as respects constipation and bad digestion.

32. For a similar reason, whenever persons have made a pretty good meal, they should avoid placing themselves against a table to write or work, before the *stomachical* digestion is finished or nearly so. It is better not even to be seated while this digestion is going on. The best thing to do during that time, is to walk in the open air, or, if the weather is too bad for this, to employ one's self at home with some occupation which requires a standing posture.

33. OBSERVATION. When we are seated, the stomach digests a copious meal with difficulty, and, for that very reason, imperfectly. But there is nothing which leads more directly to constipation, than imperfect digestion. — The old English adage, then, "After dinner sit awhile", cannot safely be adopted, unless by those whose dinners are very simple and frugal.

34. Inactivity and a sedentary life singularly augment the disposition to constipation. Hence it is very important for persons disposed to that affection, to walk daily in the open air, or to take some other kind of exercise. Riding on horseback and carriage exercise are far less beneficial to the health than walking; for the jolting which the hinder parts of the body suffer have the inconvenience not merely of increasing the constipation, but also of producing hemorrhoids (piles).

35. It is important to avoid remaining in bed more than seven or eight hours.

36. Too much heat in bed, and also soft beds, should be avoided.

37. It is important not to remain in over-heated rooms, and especially in the immediate neighbourhood of the fire; for the fire deprives the surrounding air of a great part of its vital principle.

This is the reason why the fireside so often brings on sleepiness, and sometimes, where stoves are much employed, as on the continent, occasions a suspension of the vital powers which approaches to *asphyxia*.

38. It is important not to remain either by day or by night in rooms where the air is not daily renewed; for, as in the preceding case it is the fire that destroys the vital principle of the air, so in this it is *our own respiration* which destroys that principle, and in *no less pernicious* a degree.

39. Another thing which (besides being otherwise injurious to invalids, especially as regards the head and eyes) contributes much to constipation, bad digestion, &c. is a want of care in not properly clothing the legs and feet. In winter, very thick worsted stockings should be worn, and in the house the feet should be well protected, as, for instance, by list slippers enclosed in wooden-soled shoes (*des galoches*).

40. **OBSERVATION.** The loss of the heat of the legs and feet causes a considerable diminution of the energy of the stomach and whole alimentary canal; and the result is, that the two digestions, *the stomachical and the intestinal* (that in the bowels), are weakened and disturbed both at once. These effects, soon acting sympathetically on the brain, and, by means of it, on the whole nervous system, produce on the digestive organs a reaction which greatly aggravates the evil, and of necessity occasions great sufferings to those who have a tendency to constipation. — *Note.* The English are generally speaking less clothed on the legs during the winter than the French. In France, more regard being had to the wants of the season, *very thick* netted cotton (sometimes worsted) drawers, *extending from the waist to the ancles*, are employed with great advantage.

41. At an age somewhat advanced, the need of eating diminishes, and the digestive organs become less active. Hence aged persons who wish to have regular evacuations, must be moderate in the quantity of food they take, and make but little use of any aliments which are difficult of digestion, as meat, and especially tough meat. They ought also to be moderate in using any thing which passes slowly through the bowels.

42. **OBSERVATION.** Persons who are beginning to grow old experience a diminution of the vital powers, which continually increases with the number of their years. They eat less, and their stomachs and bowels digest more slowly, and sometimes with difficulty. Accordingly, if they have been guilty of the imprudence of eating too much, or of taking articles whose toughness or other injurious quality fatigues the organs, they cannot digest what they have eaten, and they experience in the alimentary canal an *obstruction more or less dangerous*, but always difficult to remove. Hence apoplexies, paralyzes, &c. From these considerations it is

evident that persons who are beginning to advance in age should be very cautious both as to the quantity and as to the quality of their food.

43. The Alimentary Method, as we have already said (Chap. II, Note), varying only with the variations in the state of the alvine evacuations,—in order to adapt this treatment as well to the different degrees of constipation as to the other diseases of the digestive organs, it is only necessary to understand that the use of laxative aliments with the Ervalenta, and the abstinence from bread and other aliments of a contrary nature (in so far as they are not otherwise hurtful), should always be in proportion to the person's need; and consequently, that if the constipation is light, or there is none, and *a fortiori* in those cases of chronic *diarrhœa* in which Ervalenta is made use of in order to render the functions regular (see paragraph 45), the rest of the regimen must be modified according to the difference of the circumstances, as the next two paragraphs point out.

44. Should the use of Warton's Melasse (called Cochin-Chinese), or of prunes, with the rest of the regimen prescribed, render the evacuations too frequent, it would be necessary to take measures to meet this difficulty; otherwise the health would suffer. These measures are, to eat, at dinner and the other meals, more wheaten bread and less or none of the Melasse, prunes, and other laxative aliments, and to make use of rice for two or three days.

45. In ordinary and moderate cases of chronic *diarrhœa*, in which alone we recommend the Ervalenta, the same regimen should be followed, omitting altogether the Melasse, prunes, and other laxative aliments, and preparing the Ervalenta with milk or otherwise, according to the constitution of the person.

46. In case of need, what is said in Chapter III with regard to Warton's Melasse must not be neglected.

CHAPTER V.

TIME NECESSARY FOR THE CURE.

It would be a mistake to suppose that, by making use of Ervalenta and Warton's Melasse (called Cochin-chinese) or prunes, and following carefully our foregoing instructions, a person can destroy in a very short time habitual constipation, bad digestion, and the numerous maladies of which they are the source; for it is an established principle that morbid affections which are long in developing themselves are also long in being cured. It is true that after some days persons feel a considerable amelioration in their sufferings, but this is but a temporary good result, which would soon cease if the use of the Ervalenta were suspended. By per-

severing in it, persons are in the end radically cured, except in cases of deep and incurable organic lesions, as the cancer, &c., and even then the Ervalenta performs very important services, by nourishing without irritating the organ affected, by rendering the digestion easy, and the evacuations regular.

A purgative of whatever kind will overcome constipation for the moment; be it liquid or solid, in pills, sugar-plums, or bonbons, or under any other denomination; but this result disappears on the morrow, and the constipation recommences with greater force; disturbance shews itself through the whole organization. The Ervalenta, on the contrary, acts gently; it imitates nature, that great teacher, which never makes sudden transitions. Her Author, Who in His divine wisdom, bestowed in abundance His benefits for the preservation of man, His best work, (His image,) so regulated the seasons as, between the extreme temperature of winter and summer, to interpose spring and autumn, in order to guard us from the dangers of the sudden transition from heat to cold, and from cold to heat. Why should we not imitate Providence and nature? Does not the sudden transition from darkness to light blind us for a few moments? By means of the Ervalenta persons are cured gently without any danger of the multiplied disorders which would be produced in the same manner.

CHAPTER VI.

PRECAUTIONS TO BE TAKEN.

1. When, after a certain time, in proportion to the severity and duration of the disorder, and according to the continued amelioration experienced by the patient, it appears that he may abandon without fear the prunes or Warton's Melasse, or even the Ervalenta, this should be done by diminishing progressively the portion taken, until it be reduced to an extremely small quantity, and at last to the suspension of the use of the farina itself (see Chapter IV, paragraph 11).

2. Except in the case provided for in Chapter IV, paragraph 29, and other special cases, Ervalenta should not be taken at dinner, but only at breakfast and supper. For dinner a more substantial nourishment is necessary, but all excess must be avoided; frugality makes us reach old age.

3. In order to preserve to the Ervalenta and Warton's Melasse their virtue and agreeable taste, they must be kept from damp and heat. The Ervalenta should be kept in a vessel into which the air can penetrate freely, and should be stirred from time to time; otherwise it may get bad, and consequently not produce its salutary effects any longer. The Melasse should be kept in the cellar during the summer months, and the vessel which contains it be *well corked*, in order to prevent the damp from getting in.

SUMMARY VIEW

OF THE POWERS OF THE ERVALENTA,

AND CONSIDERATIONS

ON THE ADVANTAGES WHICH SUFFERERS

DERIVE FROM IT.

The medical science was already in possession of some means for the cure of inveterate constipation, by agents as well therapeutic as hygienic : the too sad forgetfulness of the latter and the momentary nature of the effects of the former condemned those who suffered from this terrible disorder, the inexhaustible source of various diseases, to pass the rest of their days in a kind of slow punishment, in the greatest uneasiness and misery. Purgatives and injections, so salutary on so many occasions, are two agents, which, with certain exceptions, will always do harm in the case of inveterate constipation : they can but aggravate it. Our mind, long occupied with this very important subject, led us to seek some certain method of preventing constipation, of destroying it when already in existence, and of hindering its return. We spared not our watchings, a persevering study, experiments without number. At length we succeeded in finding a substance which, free from every kind of pharmaceutical (medicinal) drug, perfectly assimilable, most innocent in its digestion, and of a very moderate price, radically cures the most obstinate constipation, which before had resisted the most varied medical methods. We mean the Ervalenta, an alimentary substance whose benefits are now felt in all parts of the world. What prodigious effects does it not produce wherever it is used!

In fact, if we consider that without animalization there is no health, that without the assimilation to our own organs of the substances we take, there is no reparation, there are no physiological acts ; that constipation renders impossible both assimilation and animalization, we shall easily understand that this pernicious state of the alimentary canal must necessarily bring on a multitude of different diseases, varying with the organs, and with the functions they are destined to perform. The heart, the blood-vessels, the vessels which convey the lymph and the chyle ; the lungs, the brain, the spinal marrow ; the nerves of motion and of feeling, the organs of the senses,—of sight, hearing, smelling, tasting, and touching ; the cutaneous exhalants, the glands of secretion, the tissues, fibrous, adipose, cellular, tendinous, &c. &c.,—how shall *all these repair their losses, accomplish their functions, and*

not become disordered, in a state of constipation? A thousand different medicines are then employed, but very often without success, or with effects the contrary of those intended. Why, then, not attack the cause, the constipation? All would be rectified by this method of acting, which is so rational and so obvious. It will be said, however, that purgatives, laxative, cathartic, and drastic, have been employed, and the effect of their action has been but a result rapid as lightning; the disorder, instead of being cured, has increased. This could not have been otherwise. Our Ervalenta will produce other and very different effects; it will cure what the purgatives and the injections have been unable to cure, what they have aggravated.

Let us take a rapid survey of this subject.

Constipation is caused by a permanent irritation of the mucous membrane of the rectum (lower bowel) : this irritation, extending itself to the muscular membrane, constantly contracts this latter, and hinders the secretion of the former; whence the stagnation of the fecal matter becomes inevitable. Then purgatives and injections are resorted to : they empty the bowels, but what effects do they leave after them? They increase the local irritation, and the constipation becomes more obstinate; the poor sufferers are forced again to have recourse to the same violent methods, and in the end, after a long use, paralyse the action of the bowels; they are led to make insupportable and often fruitless efforts to expel the fecal matter, troubling thereby the nervous system, causing congestions of the blood to the brain, giving occasion to ruptures, and almost inevitable hemorrhoids (piles). The abuse of purgatives weakens and even destroys the power of digestion, banishes the appetite, throws the organs into a kind of marasmus (wasting away); they perform their functions badly, sleep fails, pain is felt everywhere, maladies without number declare themselves, and the wretched sufferers, falling into a dreadful melancholy, go down to the grave victims to remedies opposed to the cure of their constipation, the inexhaustible source of so many disorders.

Let us examine briefly some of them, and see the good produced by Ervalenta.

Gastritis and gastralgia, enteritis and enteralgia (see Chap. VI, Section 4*), and all the maladies of the digestive tube have an obstinate tendency to become chronic when they have been neglected or wrongly treated in the beginning : the aliments made use of, increasing daily the irritation of the organs, soon bring on the melancholy results of which we have already made mention. If, instead of making use of an irritating nourishment, productive of these disorders, our Ervalenta were used, the cure would soon be effected; for this, at once nutritious and perfectly assim-

* I. e. of the Treatise on "*Warton's Ervalenta*" from which this Summary View is taken.

lable, leaves no residue which can irritate the mucous membrane of any part of the digestive tube : accordingly, the evacuations of the fecal matter are performed regularly and altogether freely, and the whole is restored to order. The general disturbances, the new disorders of every kind to which these had given birth, disappear progressively after them.

The maladies of the liver, of that so important organ, an organ as difficult to explore in its physiologico-pathologic acts as it is easy in its anatomical proportions, have many a time embarrassed the most able practitioners. Nevertheless, the use of Ervalenta has rendered their cure as easy as that of other organs; and this is fully accounted for, when it is borne in mind, that the purpose of this organ is to accomplish the digestion in common with the stomach and bowels, and that, when these latter have been reestablished by the Ervalenta, the liver, as a necessary consequence, returns to its normal state.

It is well known how common affections of the heart and of the whole tree of the circulation of the blood are, and it is easy to understand how much a bad state of this fluid must have to do with the production of these maladies. Without a perfect digestion, there is no normal formation of blood; without pure blood, no regularity in the circulatory movement, no reparation of the organs; all is out of order. Destroy the constipation, and the digestion will become easy, the assimilation of the nutritive matters will take place without difficulty, the blood will be renewed, its centre of circulation will resume its usual motion, and all our tissues will repair their losses. Is there any incurable anatomico-pathological damage? if there be, strive more than ever to avoid or destroy constipation : this is of the utmost importance. And if, as we have already proved, the Ervalenta is endued with properties capable of bringing about this beneficial result, it will easily be seen of how great service the use of this valuable substance must be in cases of the kind.

The lungs, the organs of our respiration, are liable to different maladies, some of which last as long as life itself :—how shall they escape lesions, if the blood which it is their office to purify (burning by means of the oxygen of the air the carbon which this fluid rejects),—if the blood, by which also they must be nourished, does not contain the normal proportions, or carries with it in its course heterogenous principles which are deposited here and there, forming so many foreign bodies, real parasites, which must hereafter constitute a destruction of the tissues. Pulmonary consumption, chronic bronchitis, pneumo-thorax, hydro-thorax, &c. &c. are maladies which destroy a great part of our species, after having made them pass through every degree of the most painful decline. We pretend not to cure these diseases, but we venture to affirm that by the use of our Ervalenta many of the wretched sufferers would find their lives less languishing and *of longer duration*. In all these maladies the patients are afflicted

either with an obstinate constipation, or with a diarrhoea without limit. What more natural than to put the digestive tube in order, to combat this complication which further aggravates the principal malady? Can the use of Ervalenta ever be better prescribed than in these cases? We have had sufficient experience.

Headache, the different neuroses, sick headaches, &c., hypochondriasis, epilepsy, catalepsy, hysteria, and a multitude of different disorders of the encephalo-rachidian system (the system of the brain and spinal marrow) are disorders almost always connected with a bad state of the digestive organs, and are often seen to disappear when these latter begin to perform their functions in a normal manner. We have no occasion to enter into long explanations; but, keeping in view all we have already repeated, shall advise in all these cases the use of our Ervalenta, which, by attacking the cause, would destroy its effects; and they who make use of it can but thank us, when they find themselves freed thereby from affections of the kind, against which a great number of remedies had failed.

Hemorrhoids (piles) are an altogether mechanical effect of constipation. By the efforts which constipated persons are forced to make, the vessels of the anus are compressed, the veins gorged with blood enlarge themselves, the blood becomes stagnant and coagulates, and there is produced a real varix, a new obstacle, and one which increases unceasingly the difficulty of the evacuation of the fæces. Once more, destroy the cause, and its effect will no longer be produced. Render the digestion easy, keep the bowels free, and the hemorrhoids will torment no longer. The use of the Ervalenta will produce this so salutary effect: all other means, purgatives, injections, narcotic unguents, will be ineffectual for the cure, and the evil can but increase.

For the fall of the rectum and its permanent and spasmodic contraction, we should have but to repeat the same causes, the same means as the preceding.

Cutaneous eruptions, of so many kinds as they are, proceed very frequently from constipation and laborious digestion. The use of the Ervalenta, by banishing these two causes, cures several of these affections, and we have ascertained it in a certain number of cases.

Were we to speak of all the maladies which are caused or aggravated by constipation, bad digestion, the pathological state (in short) of the digestive tube, we should never have done; for what is the organ which is not subjected to its influences? And consequently, what organ is there which would not return to its normal state, or be benefited, by the use of Ervalenta? How many advantages should we not derive from its employment in almost all maladies in their chronic state, and in their acute state when nourishment is to take the place of abstinence? Can we find a nourishment more wholesome, more easy of digestion, more progressive in its mode of repairing the system, more innocent? Ought not persons to expect

APPENDIX.

We think it right, for the sake of sufferers as well as for our own, to inform the public that the great services rendered society by our Ervalenta and Melasse, — services now proved indisputably by so great a number of Attestations from physicians and others of the highest respectability, in France, in England, elsewhere,—that these services have long since given rise to the most discreditable jealousies, persecutions, and rivalries.

I. How many malevolent articles have appeared in the newspapers with respect to these two substances! And yet it is remarkable that their authors, although they find fault with the supposed nature of the substances in question, have not ventured to affirm either that, when employed according to our instructions, they do not cure the disorders which both we and the authors of our Attestations affirm that they do cure; or, secondly, that these so numerous and so remarkable Attestations themselves, or any part of them, were false or wanted authenticity. They have pretended, it is true, that certain chemists have analysed the Ervalenta, and ascertained its source; and in this way no less than eight different plants have been assigned as its origin!—The effect, however, of such articles has been, as might be expected, merely to shew the malevolence of the writers and the absurdity of their assertions.

II. Of the persecutions of which we have been the object, the legal proceedings which the French Government, at the instigation of the Society of Apothecaries, directed against us, furnish an example. The motive for such acts of hostility (acts affecting ourselves only, but also the recovery and preservation of the public) is not difficult to understand; for our Ervalenta and Melasse are destined to take the place of the undue use of purgatives and injections. The result, however, of these persecutions has always been to advance the propagation of the Alimentary Method; and to shew that the allegations made against us have been without

In conclusion, we intreat both medical men who prescribe, and patients who make use of these substances, to have the goodness to communicate to us, for the advantage of others, the cures they may have obtained from them, or of which they may have been witnesses.

It is particularly to be desired that these testimonials should specify, so far as may be, the disorders cured or benefited by the *Ervalénta*, together with such other particulars as may be of importance in a medical point of view;—as when it is taken by infants or aged persons (whether ill or in health), by young women or others in a weak or delicate state, by women during pregnancy, or by convalescents;—or its effects on somnolency and on sleeplessness, on rheumatic affections and on gout, on epilepsy, in retarding or keeping off the attacks of apoplexy, on persons threatened with, or suffering from, pulmonary consumption, on cutaneous eruptions, on habitual headache, on the appetite and on all disorders of any part of the alimentary canal, on those others of which we have spoken in the Sixth Chapter or elsewhere, on chronic and complicated maladies in general, and finally on those which have resisted every other kind of treatment.

We particularly beg the favour of being allowed to add to these testimonials the names and addresses of the persons who transmit them to us, these accessories being almost indispensable, if the attestations are to be of any use; but whensoever the permission to do shall be refused us, we shall scrupulously respect the will of our correspondents.



TABLE OF CONTENTS.

P

INSTRUCTIONS &c.

Chapter I. Important advice.

Chap. II. Who may hope for a satisfactory result from the use of Ervalenta.

Chap. III. A few words on Warton's Melasse.

Chap. IV. Employment of Warton's Ervalenta and Melasse. Various important counsels

Chap. V. Time necessary for the cure

Chap. VI. Precautions to be taken.

SUMMARY VIEW OF THE POWERS OF THE ERVALENTA

APPENDIX

ERVALENTA,

OR A NATURAL AND ALIMENTARY METHOD

OF RESTORING, PRESERVING, AND FORTIFYING HEALTH.

GENERAL OBSERVATIONS.

The "*Alimentary (or Dietetic) Method*" of restoring, preserving, and fortifying health differs altogether from those doubtful and uncertain systems which seek to spread themselves before they have been confirmed by a sufficient number of observations. The *Alimentary (or Natural)* ¹ *Method* is not now making its entry into the world : it was subjected at its commencement to severe trials, it has since propagated itself by its own force, and now that it is confirmed by a very great number of cures effected by it, in France, in England, and in other places, it takes the position it has earned, and which is assured to it, by the services it has already rendered.

We shall not attempt to establish this Method either by theory or by reasoning, but on the contrary by observation and experience, those two torches of the *positive* sciences. Yet, before presenting to the reader the numerous proofs of the efficacy of the Alimentary Method, we shall point out the principles on which it rests.*

* We give in this Work a very considerable number of Documents,—Certificates, Testimonials, and Declarations,—in order to convince the reader that perhaps no method of cure ever furnished proofs so clear, so complete, so incontestable, and so multiplied ; for in reading these Attestations he will observe,—1. that the persons who declare, attest, depose, are not obscure, but, on the contrary, well known : they are medical men, ecclesiastics, pub-

The *Alimentary Method* differs from other systems, both in its principles and in its means. Let it not be supposed, from these first words, that it is an overthrowing of the ideas hitherto received; it is merely the uniting in one aim those physiological, pathological, and chemical labours which in these last times have so considerably advanced the knowledge of the phenomena of life. These scientific authorities, as numerous as profound, in determining clearly the different organic functions, have all made evident the importance of the work of nutrition for the maintenance of health. The digestive function is in some sense the pivot of life; every one feels it; science confirms it; and accordingly, among the determining causes of maladies, pathologists place in the foremost rank the disturbance of the digestion. If, in fact, we consider the influence of the digestion on the other functions, we shall soon see that its derangement cannot but injure the blood and the secretions, and produce organic maladies and disturbances in the different

lic functionaries, proprietors, merchants, &c. &c.; 2. that their residences are not described vaguely, but given in general with the greatest precision; 3. that they are not persons who live all in the same neighbourhood, where one might be suspected of having influenced another, or persons who might easily have been visited by the party in whose favour they bear their testimony, and might therefore be suspected of having been unduly influenced by such party; but, on the contrary, (the reader will observe that they are) scattered without distinction over the whole extent of France, in England, and in other countries; 4. (lastly, he will observe) that there are among them several who, after having already written us declarations, *confirm, at a later date, their former testimonials by new ones*, proving thus that the improvement they had obtained in their health by the Alimentary Method, was not of a temporary, but of a permanent character.

functions of the body. And if we reflect on all the disorders of which bad digestion is the cause, or on which it has a powerful effect, we cannot but be surprised that a greater share of attention should not hitherto have been paid it in the treatment of diseases, and we must needs allow that the digestive function has a just title to serve as the basis of a *Curative, Preservative, and Fortifying Method*.

The means which this Method employs are in harmony with its principles: aliments which have the power of rendering regular the digestive functions, and of fortifying the organic system, are all the instruments of which it makes use.

The Alimentary System is not liable to obstacles in its application, and it cannot be accused of occasioning the least harm.

✓ We should have been willing to be silent as to the curative powers of this Method, for a better notion will be gained of its extent by reading the Attestations of the cures it has effected; but we think it right, nevertheless, to express our idea on this head. For ourselves, we regard not the Alimentary Method either as that panacea so much sought for by the alchemists, or as a specific for all diseases; but we maintain, and this is confirmed by irresistible proofs, furnished in the cures, that our means constitute a generic remedy, capable of curing or alleviating the greater part of our disorders, and especially those which have their seat in the digestive organs.

It must not, however, be supposed that this treatment is able, in a very few days, to cure a malady of many years

standing. The natural sulphureous waters have a wonderful effect on the maladies of the skin, on rheumatism and on other pains; the waters of Vichy are no less efficacious for the diseases of the bladder; but the effects these waters do not begin to shew themselves until after they have been taken from ten to fifteen days. In like manner the Alimentary Treatment works its cures: most insensibly, by little and little, a little each day but it works them surely.

This mode of action, so different from that of medicines properly so called, induces us to forewarn our readers that the fulness of the success of this Method depends both on the faithful observation of what it prescribes, and on perseverance. Hence, those who would require that its effects should be evident from the first day, together with those who are not willing to observe the directions laid down, need not be at the trouble commencing the treatment: there is no assured success except for those who shall follow all the instructions and they are too simple and too easy to give cause for the least repugnance to their observance.

We shall now proceed, in order to enable the reader fully to appreciate the whole importance of the Alimentary Method, to point out briefly the importance of the digestive function, enumerate the principal maladies of the organs of digestion, and demonstrate the unhappy consequences which result from them, together with the ineffectual nature of the treatments which have hitherto been commonly opposed to them.



ERVALENTA,

OR

A NATURAL AND ALIMENTARY METHOD

OF RESTORING, PRESERVING, AND FORTIFYING HEALTH

CHAPTER I.

Importance of the Digestive Function.—Indication of the Normal and Healthful State of the Digestive Organs.—Maladies of these Organs.—Importance of not neglecting them.—A Striking Example.

All the other functions of the human body are in more or less immediate dependence on the function of nutrition. The object of this function is, as its name indicates, to nourish and revive all our organs; that is to say, to maintain their force and repair their losses. This alone shews sufficiently how important and necessary the nutritive function is.

The aliments we take are not really nourishing until after they have been elaborated in the digestive apparatus. This apparatus is composed of several organs: the mouth and the teeth for the process of mastication; the tongue, the pharynx, and the œsophagus, for that of deglutition; the stomach and the bowels for the digestion properly so called, that is to say, the operation which renders the aliments miscible (capable of being mixed) and assimilable (capable of being assimilated). These two last organs must therefore be regarded as among the most essential of the organic life, since it is through their tissue that the nutritive part of the aliments passes, in order to diffuse itself through the animal economy, while by their means the inert or useless portions are retained, in order to be voided by the process of defecation.

The stomach and bowels then, in consequence of their functions, are among those organs which have the greatest connection with all the other organs of our economy: when they perform their functions with ease, we experience comfort, we feel enjoyment; whereas a bad digestion is sufficient to predispose us to impatience, to

sadness, and even to hypochondria. The importance of these organs shews sufficiently that it is of them, in general, that it is the greatest consequence to take care, as well in health as in sickness; and it is this which makes the hygienist Thouvenel say " Without good digestion, you can hope neither for pleasures for happiness in life. "

Yet nothing is more rare than to pay any attention to the way which the digestion goes on; and this without persons' at all think of the unhappy consequences of this negligence. If it be objected that the animals do not reason with respect to their alimentation, that their health is all the better for it, such an objection is well founded: the animals have an instinct which serves them instead of reason; and what proves this, among other things, that man does not recognise the poisonous plants until he has been taught to distinguish them, whereas the animals crop of themselves the herbs which are around, and do not touch the noxious plants. The dog acts as his own physician as soon as he finds himself disposed. Since man has not as his guide the instinct of the animals, and since he is endued with reason and intelligence, which they have not, he ought to bring into use these two noble faculties in the execution of all the acts of life. And if persons would pay a little attention to the action of the organs of digestion, assuredly the number of the sick would be comparatively limited; whereas the neglect of the digestive function makes our diseases much more numerous and obstinate.

To inform us of the state of our digestion, nature has given an indication similar to the indications of the thermometer for degrees of temperature, of the barometer for the atmospheric pressure, and of the pendulum for the measurement of time. The indication is found in the state of the alvine evacuations.

When a person enjoys perfect health, when the digestion is performed in a normal manner, when the aliments are well elaborated in the stomach, and pass the intestinal tube to be exhausted of their assimilable matter, the excrementitious residue does not remain too long in the lower intestine, it is homogeneous, is moulded, of a soft consistence, does not require great efforts to expel it, does not irritate either the rectum (lower bowel) or the anus and does not provoke hemorrhoids (piles). Moreover, as Dr.

suchet says : " The stools, in a state of good health and of good digestion, ought to have very little smell."

If the stools present characters different from those we have just pointed out, there must be something out of order in the digestive organs. But, unfortunately, persons suffer considerable and prolonged changes without paying attention to them, especially when they do not cause pain ; they neglect them, and the disease becomes worse by little and little, and in the end constitutes one of those chronic maladies which it is so difficult to cure, but which it would have been so easy to have guarded against.

Among the derangements of the alvine evacuations, one of the most serious is the accumulation of the fæces in the lower intestine : it is called CONSTIPATION (or *Costiveness*). The accumulation of the excrements excites the bowels : this irritation, by determining an increase of local heat, dries up the fæces, and increases so much the difficulty of expelling them, that persons are driven to have recourse to injections, to baths, or to purgatives ; means which, in the end, cease to produce any result, and even aggravate the disease. Nor do the bad consequences of constipation end here. The bowels act on the stomach, and sympathise with it ; and when the bowels are disordered, the stomach soon becomes so : also, in cases of constipation the nutrition is commonly insufficient, and the constitution of the individual suffers more or less from this cause. In other instances, the stomachic digestion continues to be well performed ; but in this case, the quantity of matter assimilated is daily greater than what is lost by secretion : the result is a state commonly called *excess of health*, and which is a tendency to plethora, to inflammation, and to apoplexy.

When the derangement of the bowels constitutes *diarrhœa* or *dysentery*, it is impossible not to perceive it ; for the pain these disorders cause, and the number of times they oblige the sufferers to visit the water-closet, urge them to take care of themselves from the first day. But the case is not the same when the evacuations are but a little softer, a little more abundant, or a little more frequent than in the normal state. And yet the consequences of these cases may be serious. Whensoever the fæces continue to be softer than usual, that is to say, to have the consistence of pulp or of pap, without being moulded, it is a proof that the aliments are expelled

without having been entirely exhausted by the digestive powers : the result of which is, that, although the person may preserve his appetite, although he may eat much, still his constitution is weakened, since he does but partially profit by the nutritive portion of the aliments which he takes, and since the quantity of matter assimilated is no longer sufficient to repair the daily losses.

We attach so much importance to the nature and consistence of the alvine evacuations, because these changes of form and appearance in the excrements are unequivocal indications of a perturbation in the state and operations of the abdominal viscera.

Among the other characteristics of the derangements of the digestive organs, we will point out : the clamminess of the mouth, the tongue furred, sourness on the stomach, want of appetite, a feeling of weight and pain in the region of the stomach, sickness, the bringing up of wind or of particles of food, oppression, lowness of spirits, interruption of sleep.

We cannot too much recommend persons to watch over the state of the evacuations, and consider themselves from time to time, in order to see whether they are not affected by some habitual indisposition of the digestive organs. We reiterate this recommendation, because if persons begin to bear a light inconvenience of this kind without paying attention to it, they accustom themselves to tolerate it although it may become more serious, and, in the end, even come to believe that it is a part of their particular constitution. But it will be understood that these indispositions, when they take root, necessarily injure the constitution, and cannot fail to produce maladies which in the greater number of cases, lead by little and little towards the grave.

To give greater weight to this advice one might cite a host of examples, for they abound : we shall give but one ; but that one will be enough to convince the most thoughtless. We shall see a strong and robust man sink in the end under the consequences of these indispositions which are so often neglected.

What we are about to give is extracted from a *Memoir (Notice sur la Vie)* of BROUSSAIS, by Dr. DE MONTÈGRE, his Secretary.

F. J. V. BROUSSAIS, Professor in the Paris Faculty of Medicine, Member of the Institute, and of the Royal Academy of Medicine, long First Physician of Val-de-Grace, &c., was of a stature

above the average. What struck one at first sight in his person was an appearance of vigour and force; his shoulders were very large, his arms and thighs immense; his hands were strong and thick. The amazing activity of body with which he was endued in his youth had been but slightly affected by age. It was impossible to see him without immediately having the idea of a powerful frame: his neck, especially, bore that character of force which we remark in men of great bodily vigour. His organs were in a state of the most perfect equilibrium, and of an energy capable of wearing down that of several men; his indefatigable voice has often fatigued two or three audiences in succession: he was like a model of the normal life of the organs.

Shortly after the cholera, Broussais experienced some derangements of the bowels; his stools began to become more frequent, occasionally such as in diarrhœa; they were very rarely moulded. He hoped, as he sometimes said, to put a stop to this indisposition as soon as he pleased, and did not give it the care it deserved. However, a few months after, the derangement of his alvine evacuations had gone on so far as to be sometimes almost involuntary. His condition went on continually getting worse. I saw him again, after having lost sight of him for several months, and was struck with the alteration I remarked in him: he was, at this latter period, of a pale, and at times even of a yellow hue, which in him was extremely rare; he had become much leaner, and could no longer go from place to place on foot, as he had had so much pleasure in doing. His nights were his most painful time: he was waked by the want of making water: the seat of his disorder, as the *post-mortem* examination shewed, explains the sympathy which developed itself between the action of the bladder and that of the rectum. It will easily be understood how much this privation of sleep would injure the health of a man for whom repose was imperatively necessary.

To the chronic diarrhœa succeeded a constipation which obstinately resisted all the means adopted to oppose it: injections, purgatives, introduction of bougies, of topics, every thing failed.

The emaciation had long been extreme, the alimentary canal performed its office in an incomplete manner, the whole organisation had been powerfully affected by the malady of the rectum:

thus came death by the wearing out of the constitution, to a man of athletic vigour, but whom the alimentary canal governed despotically: he ceased to live when he ceased to be able to digest with sufficient activity. He died through the want of a sufficient nutrition, not because he did not eat enough, but because he did not digest well; he died for want of being able to assimilate. This state had begun with a malady which he had neglected in the first stage. He had been quite aware of the existence of a chronic inflammation of the rectum, and I several times heard him say, when speaking of it: "I shall stop this when I please: I have too good organs ever to have real disease."

To sum up, Broussais died, as the *post-mortem* examination shewed, of a chronic inflammation of the rectum, accompanied with ulceration.—Let us add further what the baron Larrey said, when speaking of the death of Broussais: "A lesion (damaging) of the organs of the alimentary canal, which had manifested itself for some months, undermined him silently, and led him, almost without his knowing it, to marasmus (wasting away) and death."

This example shews, 1. that the diseases of the digestive organs ought not to be neglected; 2. that the sick should take the greatest care in the choice of aliments; because if they pass the alimentary canal without being digested, the case is the same as if they had never been taken. And this teaches us how useful it is to be aware of an alimentation proportioned to the digestive powers, and how great advantage may be derived from it in a multitude of different cases. The indication of such an alimentation is found in one of the following Chapters.

CHAPTER II.

Consequences of an Unhealthy State of the Digestive Organs.

Although all the derangements of the digestive organs draw after them nearly the same consequences, we think it best to consider them in succession, in order to speak of them with the greater precision.

CONSEQUENCES OF CONSTIPATION.

Even supposing the bowels in the normal state when the constipation begins to shew itself, it will easily be understood that the prolonged continuance of the excrements must be sufficient of itself to determine a local inflammation ; and as inflammations have a tendency to advance, and moreover there is a great sympathy between the stomach and the bowels, we always find that, in cases of constipation, there comes on in addition a more or less sensible derangement of the stomach. This is the first consequence of constipation : it is but too often the prelude of other and much more serious evils. The first derangement of the stomach increases by little and little, and before long constitutes either a gastric embarrassment or a gastralgia, different conditions of the stomach which render the digestion slow, incomplete, and difficult. In another direction, the excrements exciting more and more the rectum, the evacuations become more and more difficult ; which does not fail to produce hemorrhoids (piles), and determine a sense of weight in the abdomen,—a fore-running sign even of hypochondria. The sufferers fall into a state of dejection or sadness more or less decided ; they take less sustenance, and what they do take is not fully exhausted of its nutritious matter ; their strength diminishes by insensible degrees, and the organs essential to life lose their normal vigour. Thus we see that constipation, at first a slight indisposition to which but little attention is paid, tends to plunge by little and little those who are affected with it into a state of debility physical and moral ; a state which, in its turn, is a predisposing and determining cause of other maladies. A *predisposing cause*, because weak constitutions do but weakly resist the changes of the atmosphere, miasmata (*i. e.* particles of poisonous or noxious matter floating in the air), and all those other circumstances which bring on colds, diseases of the chest, fevers, &c. &c. A *determining cause*, because when the digestion is difficult and incomplete, the nutrition becomes insufficient, and this leads to general loss of flesh, to pulmonary consumption, to chlorosis, to the scrofulous and lymphatic diseases, &c., according to the predispositions one may have.

Another kind of constipation is the lot of some persons who think themselves endued with the most robust health : this con-

stipation is not so serious as that of which we have just spoken, but nevertheless is not without its bad consequences. It occasions weight in the head and dimness of sight, and predisposes to congestion of the brain and apoplexy.

It would be too long to enumerate all the maladies which may be produced by habitual constipation : what precedes is sufficient to show how serious are the consequences of this indisposition, which does but too well deserve the name of *disease*.

OTHER MALADIES OF THE DIGESTIVE ORGANS.

Consequences of Chronic Diarrhœa.—The consequences of diarrhœa are not less melancholy than those of constipation. When this disease continues, the sufferers dislike food, or, if they still preserve some appetite, they derive little benefit from the nourishment they take; because, as we have already said, the aliments which traverse the intestinal tube without having been properly exhausted by the digestive powers, are but partially assimilated, and consequently do but partially restore the sufferers. This superinduces a state of weakness and prostration of strength, a real debilitation of the organization which favours or determines abundance of other diseases.

Consequences of Dyspepsy, of Gastritis and Gastralgia, Enteritis and Enteralgia.*—The nutrition is never complete in persons affected with any of these maladies : hence we observe in them the same melancholy consequences of bad digestion which we have pointed out in speaking of constipation. Moreover they have a great predisposition to mental disorders. This double weakening, physical and moral, renders the nervous system more subject to be affected by the slightest causes, and predisposes to faintings, tremblings, headaches, sick headaches, giddiness, pains above the eyebrows, and, to conclude, in different parts of the body.

* *Difficult Digestion.* For the remaining terms see Chapter VI, Section 4.

CHAPTER III.

Quotations from the Works of some of the most Eminent Medical men concerning the Bad Consequences of an Unhealthy State of the Digestive Organs, and the Necessity of rendering that Function Regular. — Summing up.

“ The state of constipation has a very pernicious influence on the digestion.”

TOLLARD (1).

“ The least perturbation in the digestive functions causes disturbance and disorder in all the rest.”

BESUCHET (2). *Compare No. (23).*

“ Different circumstances are apt to induce irregularity in the accustomed period of evacuation : these, together with the facility with which the larger intestines admit of distension without uneasiness being excited, give frequent opportunity for a progressive accumulation of fæces (*excremental matter*), whence arise interrupted action of the stomach and smaller intestines, and consequent dangerous and fatal ailments.”

JAMES HAMILTON (3).

“ One immediate consequence of constipation is to put an obstacle in the way of the digestive functions, which can be properly performed only in proportion as the bowels are free : when these latter are inactive, they are always filled with vitiated *residua*, and the food is badly elaborated ; it remains longer in each part of the digestive tube ; the organs are fatigued, the tissues are injured, and disturbances more and more serious supervene. But the most immediate and the most pernicious result of constipation is bad and defective nutrition ; and this cannot be otherwise, as every thing opposes the digestion. Indeed, torpid bowels, which are the

(1) *Rapport sur le Travail du Docteur Besuchet sur la Gastrite*, p. 153.

(2) *Sur la Gastrite*, p. 79.

(3) *Observations on the Utility and Administration of Purgative Med. Several Diseases*, p. 12.

seat of continual repletion, can contain none but vitiated fluids; the functions of the mucous membrane are perverted; instead of furnishing healthy fluids, favourable to digestion and to the formation of wholesome elements of nutrition, they furnish nothing but slimy mucosities, which oppose all efficient elaboration. In such circumstances healthy nutrition is impossible."

SIGNORET (4).

"Constipation is the mother of the chronic diseases."

KLEIN (5).

"This state of the digestive organs may, I think, develop an hereditary strumous (scrofulous) constitution, and generate tubercular cachexy (*pulmonary consumption*)."

TODD (6).

"Of all these functional disorders, that which most claims our attention, because it generally shews itself *among the first*, and gives opportunity for the development of the rest, is the derangement of the digestive functions."

CLARK (7).

"Of all diseases, Dyspepsy (*laborious digestion*) appears to me the most fertile source of the various species of cachexy (*bad habit of body*); for the healthy state of the digestive viscera, and the full and entire accomplishment of their functions, are indispensable to the assimilation of the food, and consequently to the nutrition of the organs."

CLARK (8).

"Cachexy may also be owing to the derangement of the various secretory and excretory functions; and as such derangement most commonly accompanies Dyspepsy, it increases still more its pernicious influence."

CLARK (9).

"The most powerful causes of disease are those which disturb the nutrition of the body."

CLARK (10).

(4) *Exposition de la Médecine Purgative*, p. 300.

(5) *Médecin Interprète de la Nature*.

(6) Article "*Indigestion*" in the *Encyclopædia of Practical Medicine* — N.B. Writing on the Continent, we have been able to procure only a French translation of the passage.

(7) *Traité de la Consomption Pulmonaire*, p. 24. — N.B. Writing on the Continent, we have been able to procure only the French Translation.

(8) *Ibid.* p. 217.

(9) *Ibid.* p. 218.

(10) *Ibid.* p. 22

"Nervous disorders are most commonly derived in my opinion from the digestive system." HOPKINS (11).

"We owe to the observations of practice the absolute conviction that half the chronic diseases of women, and particularly of young women, are derived from constipation."

LE ROY-PELGAS (12). *Compare No. (26).*

"When the fæces are evacuated *less frequently* than the age of a person demands; when they are *indurated*, when their *natural colour and odour* are changed, derangement of the stomach and bowels is indicated, and the approach of disease, *if disease has not already ensued*, is to be *apprehended*. For it is not to be imagined that organs of so great an importance in the animal economy as the stomach and bowels are, can be long in a state of inaction, and the general health remain unimpaired." HAMILTON (13).

"If, again, we consider that the exhalations made into the cavity of the intestines are excrementitious, and will, if retained beyond the usual period, undergo changes, and acquire injurious acrimony; and if, moreover, we advert to the connexion by sympathy which many of the organs of the complicated animal frame have with the stomach and intestines, we cannot but recognize the great influence which these must possess over the *comfort*, the *health*, and the *life* of the individual." HAMILTON (14).

"There is certainly nothing new in the position, that *the loaded state of the intestinal canal commonly induces general bad health*. But when I allege that this state accompanies and aggravates other symptoms of fever, and that it is *the immediate cause of certain disorders incident to children and young people*, I know that I advance opinions in which there is considerable novelty, but in which, I trust, the following sheets will satisfy the medical reader there is an equal degree of soundness. For I have learned that the due regulation of the alvine discharge constitutes much of the

(11) *Considérations Générales sur l'Utilité des Purgatifs*, p. 9.—N.B. The author wrote in French.

(12) *Médecine Curative Complète*, chap. XII, sect. 28 or 29.

(13) *Observations on the Utility and Administration of Purgative Medicines in Several Diseases*, p. 13.

(14) *Ibid.* p. 15.

prophylactic (*preventive, hygienic*) part of medicine, and teaches the propriety of advising *those who wish to preserve good health, or to recover it when it is impaired*, to attend carefully to this circumstance."

HAMILTON (15).

"A daily evacuation has also been thought unnecessary, on this account, that in many cases *little food is taken*, and, therefore, that regular alvine evacuations are neither requisite nor to be expected. The residue of food, unfit for the purpose of nutrition, contributes, no doubt, its share of feculent matter; yet the abundant secretion from different organs, and the exhalation of excrementitious fluids made into the cavity of the intestines, constitute (much of) the bulk of the *faeces* collected within them. So long, therefore, as fluid is supplied, and so long as the circulation is supported and secretion promoted, it is equally easy to understand how *faeces* are produced, independently of much solid food; as to *perceive the necessity of their daily evacuation*. HAMILTON (16).

Note. The opinion that the excrements proceed solely from the food, is both a very common and a very pernicious error: they proceed also from the fluids secreted by the liver, the spleen, the pancreas, and the numerous intestinal glands. These fluids, according to the intention of nature, ought to be ejected from the body, if the health is not to be seriously compromised.

"Costiveness induces the feculent odour of the breath, disordered stomach, depraved appetite, and impaired digestion. These preclude a sufficient supply of nourishment: hence paleness, laxity, flaccidity, the nervous symptoms, wasting of the muscular flesh, languor, debility, the retention of the menses, the suspension of other excretions, serous effusions, dropsy, and *death*." HAMILTON (17).

"Life and health cannot be maintained, unless there be a continual *arrival* of new, and *departure* of the old particles. Incessantly in action, *the vital and the general powers* are constantly counterbalancing one another; and the *degree of vitality* is in proportion to the degree of superiority of the former over the latter."

DE BLAINVILLE (18).

(15) *Ibid.* p. 16.

(16) *Ibid.* p. 23.

(17) *Ibid.* 87.

(18) *Principes d'Anatomie Comparée.*

“ If we cannot exist unless the nutritive parts of the food be frequently assimilated to our own substance, *the maintenance of health* no less imperatively requires that our organs should eject from the body every thing that is foreign to them.” — “ In order that the advantage may be on the side of the vital powers in this sort of struggle between them and the general or physical powers, it is requisite *that the latter should not diminish the energy of any of the functions* (of the vital powers) *the sum of which constitutes life*; Thus, when the fæces remain in the intestines longer than the proper time, they act prejudicially by their *weight* and by the *pressure* which they exercise on the internal surface of those viscera.”

LAFISSE (19).

“ If we reflect next on the noxious properties which the excrementitious matter must acquire from the mere effect of the *delay* in its evacuation, we shall feel the importance of preventing that delay, or of combating its effects when it has taken place.”

LAFISSE (20).

“ It is easy to understand how important it is that the bowels be never disturbed in the exercise of their functions by delay in the passing of alimentary residues which, as they are useless for the purpose of nutrition, ought to be considered as *real foreign bodies*. The uneasiness which the accumulation of such matter produces in the digestive organs (*i. e.* the stomach and bowels), and which extends from one to the other, suspends or diminishes their action. Thus the stomach and bowels fall into a state of inertia. But it is not merely the abdomen (which comprehends the stomach, the bowels, &c.) which then presents deranged functions: the delay which the *circulation* and the *secretions of this part of the body* undergo, renders the same functions *too* active in the *chest* and in the *head*. Also, the digestive organs react sympathetically on the *lungs* and *brain*: thus may we account for the *oppression* and *heavy headache* which so often accompany obstinate constipation.”

LAFISSE (21).

(19) Preface to his (French) Translation of Hamilton's Work on Purgatives: see No. (3).

(20) *Ibid.*

(21) *Ibid.*

“ The minute researches made by Dr. Broussais into the *inflammations of the digestive canal*, have no doubt had useful results, by stimulating medical men to study a class of diseases which ought to occupy an important place in our nosological collections; but over zealous disciples have drawn too extensive conclusions from their professor's labours. They have very often attributed to *inflammation*, or what they call *irritation*, disorders depending solely on the *diminution* of the digestive powers, and on the *accumulation*, either of the *fæces*, or of the abundant fluids which lubricate the intestinal surface. Such is the system on the authority of which leeches have been profusely applied, and the use of purgatives considered as *evacuative*, neglected. But these two circumstances, *the inertia of the intestinal canal and the accumulation of the fæces*, being much more common than an inflammatory state of the digestive organs, it has been attempted in vain to remove abdominal obstructions by loss of blood, and the most efficacious method of cure has not been even tried.”

LAFISSE (22).

“ There is then nothing paradoxical in the assertion, that the least perturbation in the digestive functions causes disturbance and disorder in all the rest : this is, above all, rigorously true with respect to the viscera contained within the abdominal cavity.

BESUCHET (23).

“ If the digestion is badly performed, it produces bad chyle : the repairing fluids no longer distribute the balm of life through all parts of the frame, and the machine soon becomes deranged. It may therefore be truly said, that digestion is the basis of human health, and that we often deceive ourselves when we see but a *solitary* fact in the affection of an organ apparently unconnected with the digestive passages : it has more than once happened to me, to answer applications for advice in cases of chronic diseases of the heart, lungs, &c. &c., by questions calculated to enlighten me as to the state of the digestive organs, and to discover from the answers, that what was supposed to be an *essential* or *organic* affection of this or

(22) *Ibid.*

(23) *Sur la Gastrite*, p. 79.

that viscus, was but the result of the derangement of the digestive apparatus."

BESUCHET (24).

"Constipation, or torpidity of the bowels, is *caused* by the heat of the humours, or by the *serosity* collected in the lower part of the intestinal canal: the *inflammation* hardens the canal, and renders it *incapable* of expelling the daily arrival of fecal matter. This heat produces a perfectly natural result, namely that of drying up the matter in question, and often of baking it in the form of a hard mass: then, in their turn, this desiccation and hardening become a second cause of constriction, by the addition of which to the first, constipation is established." LE ROY-PELGAS (25).

"It is impossible to be too careful not to allow constipation to establish itself *permanently*; for none but the most disastrous results can be expected from it. It is certain that the retained excretions acquire, by their principle of corruptibility, a degree of decomposition capable of producing the most pernicious effects. We owe to the observations of practice the absolute conviction that half the chronic diseases of women, and particularly of young women, are derived from constipation. It is to the habitual suspension of the alvine evacuations that a part of the interesting half of the human species owe the frequent pains in the head and stomach which oppress them, and the discharges so often followed by disorders &c. &c.

LE ROY-PELGAS (26).

"How melancholy are those prejudices which gain belief for the opinion that constipation is a sign of strength and health! These victims of error do not understand that the health of which they think themselves possessed is but the image of it, and that they owe this *apparent* advantage only to the situation which this hot humour has taken in this part of the body rather than in another, and that if the *inflammation* changes its position, a malady more or less dangerous will declare itself, even if the whole effect be not produced in the original situation. With constipation one rests on a volcano, whose all but certain eruption is always to be dreaded.

LE ROY-PELGAS (27).

(24) Ibid. p. 80.

(25) *Médecine Curative Complète*, Chap. XII, Sect. 23 or 29.

(26) Ibid.

(27) Ibid.

"The secretions of the human body are connected by their free egress with the health, as well as the duration, of human life."

LE ROY-PELGAS (28).

Abernethy taught that it is very rare for any one to suffer from disease of any kind whatever, without the intestines becoming immediately attacked more or less seriously; that, as soon as the bowels are attacked, the original disease becomes more intense; that, the primary disorder being now aggravated, the intestines become worse; and so on,—the one reacting continually and reciprocally on the other.

"Disorder in the functions of the intestines", says he, "may produce in the nervous system a diminution of the functions of the brain, even so as to occasion apoplexy and hemiplegia (*paralysis affecting only one half of the body*), or a state of excitation causing delirium; partial nervous inactivity and insensibility, or the opposite state of irritation and pain. It may produce in the muscular system weakness, tremors, and palsy; or the contrary affections of spasm and convulsions. It may excite fever by disturbing the actions of the sanguiferous system, and cause various local diseases by the nervous irritation which it produces, and by the weakness which is consequent on nervous disorder or imperfect chylification..... Affections of all those parts which have a continuity of surface with the intestines, as the stomach, throat, mouth, lips, skin, eyes, nose, and ears, may be caused or aggravated by this complaint."

ABERNETHY (29).

"Broussais has demonstrated," says *Dr. Lavolly*, "that most internal diseases have their primary seat in the irritation* of the membranes of the stomach and intestines. Thence", says he, "have arisen the denominations *gastritis* and *gastro-enteritis*, terms which every body (in France) knows." LAVOLLY (30).

"The mucous membrane of the stomach and of the intestinal canal, being much exposed to the action of irritating causes, is far more frequently the seat of irritation than any other structure of

(28) Ibid.

(29) *On the Constitutional Origin and Treatment of Local Diseases*, p. 70.

(30) *Manuel d'Hygiène*, p. 21.

* See on this question No. (22).

the system; and it is, almost invariably, in a deranged condition in all general diseases."

EBERLE (31).

"Let this citadel of the animal system (the digestive organs) only languish, and the enemies of human health will speedily attack the outposts, and make an easy conquest of the whole."

EBERLE (32).

"It is a fundamental fact in pathology, that most diseases, by miasmatic infection, carry their action to the alimentary canal, and it was doubtless this truth which the ancients wished to express when they said that the intestinal tube attracts the febrile virus."

GUIBERT (33).

"There are no acute rheumatisms without irritation, greater or less, of the digestive passages."

MARCO (34).

"However different one from another our diseases may appear, whether in their symptoms or in their situation, there exists amongst a great number of them this analogy, that, if we compare the treatments employed by the most able practitioners, recommended by the most justly celebrated authors, and crowned with the least equivocal success, we shall find them founded so much on one and the same basis (*the derangement of the intestines*), and directed so much by one and the same method (*the cure of that derangement*), that we shall imagine that we are reading but one and the same treatment, or the treatment of but one disease, diversified according to the degree of its intensity, the circumstances, and the constitution of the patient."

HALLÉ (35).

"The only medical treatment of a rational nature is that which is regulated by the digestive tube."

SIGNORET (36).

"If the *classification* of chronic diseases were established by the most successful mode of treatment (*the cure of the intestinal*

(31) *Treatise on the Practice of Medicine*; Philadelphia, 4th ed., vol. I. p. 35.

(32) *Ibid.* p. 41.

(33) *Essai sur les Émissions Sanguines et les Évacuants*, 1840, p. 118.

(34) *De l'Action des Émétiques et des Purgatifs sur l'Économie Animale*, p. 157.

(35) *Mémoires de la Société Royale de Médecine de Paris*, for 1786.

(36) *Considérations Générales sur l'État de la Médecine*, p. 100.

disorder), the labours of nosologists (*medical authors who occupy themselves with the classification of diseases*) would be reduced almost to nothing.”

SCUDAMORE (37).

“ When we are able speedily to dissolve the obstructions and reestablish the excretions in the beginning of diseases, or before they commence, we are able also very advantageously to prevent very great evils, and the danger which threatens life.”

HOFFMANN (38).

“ There are few cases of chronic disease, of fever, of disturbed digestion, of colic, of flatuosity, of jaundice, of vomiting, of diarrhœa, of melæna, of œdema, and of dropsy, in which there is not *some obstruction in the abdominal viscera*.”

PORTAL (39).

“ After having cured the derangement of the bowels, *debility, and all diseases* generally disappear of their own accord, even in a short time, and this in cases where, previously, they had resisted every means of cure directed against them, and which appeared to offer more chances of success.”

ABERNETHY (40).

“ The deterioration (*the weakening*) of the senses often originates in the same cause and requires the same treatment. I will notice amaurosis (*blindness produced by paralysis of the retina or optic nerve*); deafness, of which the source was pointed out by Hippocrates himself; and an analogous affection of the sense of feeling, which I have seen quickly yield to the use of suitable evacuants.”

HOPKINS (41).

“ In the course of all diseases, both acute and chronic, practitioners of all ages have agreed in considering as an essential condition in the treatment, the care of maintaining the free action of the intestines.”

REQUIN (42).

(37) *Treatise on Gout*.

(38) *Médecine Raisonnée*, vol. V, p. 212.

(39) *Maladies du Foie*, p. 45.

(40) *On the Constitutional Origin and Treatment of Local Diseases*.

(41) *Considérations Générales &c.*, p. 10. (See the Note to No. 11.)

(42) *Thèse pour le Concours de la Chaire de Matière Médicale et de Thérapeutique, soutenue à la Faculté de Médecine de Paris, 1839*; p. 53: (see out Chap. IV.)

“ By correcting the obvious errors in the state of the digestive organs, local diseases which had baffled all attempts at cure by local means, have speedily been removed, and the patient has acknowledged that such an alteration has taken place in his general health as greatly excited his surprise.”

ABERNETHY (43).

The writings of Hippocrates, of Celsus, and of Galen, as well as those of other great masters in medicine of comparatively recent date, such as Sydenham, Cullen, Huxham, Brown, Baglivi, Morgagni, Tissot, Haller, Stahl, Stoll, down to Broussais himself of our own days, furnish a multitude of passages in which a large proportion of our diseases are attributed to disorders of the digestive organs, and which shew us that their views of this question were similar to those of the authors who have just been quoted.

To sum up; the opinions expressed and maintained by these medical authorities on the importance of the state of the digestive organs may be enounced in the three following principles :

1. *The health cannot be perfect, or cannot be kept up, if the alvine evacuations are not regular and spontaneous ;*

2. *Constipation and the derangement of the bowels occasion other disorders, both of the digestive organs and of other parts of the body ;*

3. *The complete reestablishment of the digestive functions brings with it very often the cure of maladies which habitually resist treatments more specious in appearance.*

We will now give a summary of the means commonly employed against these disorders.

(43) *On the Constitutional Origin and Treatment of Local Diseases, p. 22.*

CHAPTER IV.

Insufficiency of the Ordinary Means for the Cure of the Maladies of the Digestive Organs.—Superiority of the Alimentary Method.

It will be by passing in review the treatments commonly directed against each kind of disease that we shall make their insufficiency apparent; but, in order to be as brief as possible, we shall commence by developing in full the means employed against one malady, and simple indications will suffice to shew the causes of the insufficiency of the ordinary treatments in the case of the rest.

Let us begin with Constipation.

1. INSUFFICIENCY OF THE ORDINARY MEANS FOR THE CURE OF CONSTIPATION.

The most evident proof that the means commonly employed for the cure of constipation are insufficient, is that a very great number of persons have been very long afflicted with this malady, notwithstanding they have submitted to all the modes of treatment pointed out by their medical advisers.

Among the means employed, the most usual, and almost the only ones, are purgatives and injections. Let us examine how these different modes of treatment act.

1. *Insufficiency of Purgative Medicines.—Objections to them.*

Purgative or laxative medicines are exceedingly numerous; but, alas! they have all been tried, all employed against constipation, and have all deserved the same reproaches;—1. that, if they afford relief, it is in general but momentary;—2. that in cases of habitual constipation they most commonly aggravate the evil.

We will give on this head passages from an English Work in good reputation, and also two extracts from the *Thesis for the Competition for the Chair of Materia Medica and Therapeutica, maintained before the Paris Faculty of Medicine, 1839*, which we have already quoted in Chapter III (No. 42).

“ The cure of biliousness (and consequently of its accompanying derangement, *constipation*) cannot be effected by purgative medicines.”
HENRY (1).

“ The temporary relief obtained by means of purgative medicines (*in the case of habitual constipation*) is purchased at the high price of the *aggravation* and of the *perpetuation* of the disease.”
HENRY (2).

“ Every medicine, strong or weak, which is strong enough to move the bowels, and is used *habitually* for that purpose, comes within the scope of my objections (the objections he has just made to opening medicines). The evil is in the purging, and not in the medicine, and it is the practice of purging which I condemn, not the agent by which it is effected.”
HENRY (3).

“ Purgatives (if used *habitually*) *disturb* the nervous system, and *lower* the vital energy.... *Increased* confinement of the bowels always follows the operation of an opening medicine.... All medicines, and particularly all opening medicines, lose their power *by use*.”
HENRY (4).

“ In the first place, purgation may afterwards bring on constipation, not only in consequence of its emptying the intestine and exhausting in a manner its secretions, and of a certain time being necessary for the return of the physiological conditions of the alvine excretion ; but also, which is more serious, because it wears away and blunts, so to say, the excitability of the intestinal tube ; which, in the normal state, the impression of the fecal matter (that is to say its acritude) ought of itself to be sufficient to put in action.”
REQUIN (5).

“ When, on the contrary, the constipation is a kind of chronic (permanent) affection, an habitual disposition, it is proper to remark here, that purgatives alone must not constitute the whole treatment ; that, on the contrary, they must be employed with caution ; since, as we have already said, they tend to increase the indolence of the intestines ; they remedy the evil for the moment, but they do not

(1) *Dialogue between a Bilious Patient and a Physician*, p. 12.

(2) *Ibid.*

(3) *Ibid.* p. 17.

(4) *Ibid.* p. 12, 14, 16.

(5) *Thesis quoted*, p. 40.

prevent it for the future; they even favour its return. What then must be done? Purgatives must be had recourse to only in case of necessity, and against the state of constipation must be directed a combination of hygienic resources, the details of which are foreign to my present subject.”

REQUIN (6).

2. *Insufficiency of Injections.—Objections to their Use.*

The discomfort of making constant use of injections in case of constipation would be more supportable if the health did not suffer from the practice; but this is not the case. Within some time after having begun to use them, if they are not continued, the bowels lose the power of emptying themselves, and this even when water alone is used; for injections weaken the rectum more and more, until it ceases to be able to perform *naturally* its periodical evacuations. But this effect, serious as it is, is not the most serious of all: the *ulterior* effect of the habitual use of injections is to produce a constipation so *disastrous* that *thenceforward* the patient *employs them in vain*. This fact is proved to demonstration by the numerous letters we receive from sufferers who ask of us the means of getting out of this melancholy position.

The power of evacuation, lost by the use of injections, is restored by that of the NATURAL MEANS, or ALIMENTARY METHOD, explained further on.

In support of what we have just said of injections, we will adduce the following passage from the excellent Treatise of Dr. Barras (*Traité sur les Gastralgies*, third Edition, vol. I, p. 550):

“The use of injections should not be too often repeated, as is the practice nowadays; as their frequency gives rise to bad consequences which are noways compensated by the advantage of the evacuations which they determine. In fact, these evacuations afford but a momentary relief; whereas the disorders occasioned by the abuse of injections, the flatulent colics, the abdominal swellings, the tympanitis itself, last several days. These evils are produced especially by the injections most in use, as those of warm water, decoction of linseed, &c.; and this is not the only reproach

(6) *Ibid.* p. 55.

which may be made them : they deserve also that of being mere palliatives, and even of keeping up the evil which is sought to be remedied by their use ; for it is certain that in cases of gastric neurosis, emollient injections perpetuate the constipation ; that the more they are used, the more difficult the constipation becomes to conquer ; and the more one employs them, the more one is obliged to employ them. What I say here, I have observed in a multitude of cases, and particularly in my own."

Let us add in passing, a remark of James Hamilton with regard to the insufficiency of injections as a substitute for purgatives for the purpose of which he is speaking :

"The operation of an injection, *as its stimulus is confined to (the extremity of the intestinal canal,) the rectum*, is altogether inadequate to procure the full evacuation which the end to be attained requires." *Observations on the Utility and Administration of Purgative Medicines in Several Diseases*, p. 33.

The insufficiency of the treatments commonly directed against constipation will be easily understood, if we reflect on the immediate causes which produce it. When we attend only to the symptom, that is to say, to the constipation itself, we regard this malady merely as a collection of fecal matter in the lower bowel, and we employ the remedies which custom has appropriated to the evacuation of such accumulations ; namely, injections and purgatives. But if we seek to discover the organic cause which is concealed behind, and which gives rise to the symptom, we are led to employ a very different treatment. In fact, constipation is almost always connected with a chronic inflammation of the intestine ; and this is its organic cause. Hence, in order to arrive at the cure of the constipation, the first business is to destroy the cause, that is to say, the inflammation of the intestine. If this inflammation were acute, it might yield to abstinence, to leeches, to emollients ; but a chronic inflammation does not disappear in a few days, and, in order to obtain its cure, the best method is to remove all the causes which are able to keep it up. We arrive at this result by the use for some continued time of an alimentation of which the digestion is very easy, and the remains little in quantity and not at all irritating. This is the rational treatment of constipation, since it consists in removing the causes

which produce it. The reader will find in the Attestations very numerous proofs of the efficacy of such an alimentation, and what he will especially remark is, that almost all the persons cured of constipation by the Alimentary Method, had already employed without success the ordinary modes of treatment.

The *Hemorrhoids (Piles)* being an altogether mechanical effect of constipation (see the *Summary View of the Powers of the Ervalenta* which comes after the Attestations), it is clear that the only means of curing them is to remove the cause which keeps them up.

II. OTHER MALADIES OF THE ALIMENTARY CANAL.

The cure of simple *Diarrhœas*, is commonly obtained without much difficulty, but the treatments directed against chronic ones are not equally successful : they often fail. They consist in general in the administration of astringent, calming, or tonic medicines. After having tried without success the long catalogue of substances endowed with these properties, medical men are often led to renounce the help of drugs. "Aliments proportioned to the digestive powers", says Dr. Bichter, "fortify much better than all the tonics, which do not leave in the body materials by which it may profit." The difficulty was to find aliments of very easy digestion and yet substantial : moreover, it was necessary that these aliments should be of such a nature that in passing through the canal they should not keep up the irritation of the bowels. These difficulties are removed : by continuing the perusal of this Work, the reader will find pointed out, a culinary preparation which answers exactly to these conditions.

Dyspepsy, Gastritis and Gastralgia, Enteritis and Enteralgia, have ever been the torment of medical men. "Nothing is more discouraging", says Dr. Bompard, "than to read what has been written on their treatment." (*Traité des Maladies des Voies Digestives.*)—Some attribute these maladies to a nervous, others to an inflammatory state ; these prescribe abstinence and antiphlogistics, those antispasmodics and tonics ; but these diametrically opposite modes of treatment fail alike. The Alimentary Method comes to

* See the foot-note near the end of Chap. II.

remove all these difficulties : the nourishment pointed out for these different cases is of a soothing nature and capable of calming these disorders within a short time.

We do not enlarge further on the superiority of the Alimentary Method : there are facts, and those numerous and conclusive, to prove incontestably that it has cured many diseases which had resisted every other mode of treatment which had been tried ; notwithstanding that these diseases seemed often to have no connection or analogy between themselves.

We will point out and explain the principal properties of the pottages (gruels and soups) which we recommend as an essential, accessory, or supplementary nourishment, according to the cases and the constitutions of the patients.

CHAPTER V.

Cure of the Maladies of the Alimentary Canal, and of those which depend upon them.

OF CONSTIPATION, OF CHRONIC DIARRHOEA, OF GASTRITIS AND GASTRALGIA, ENTERITIS AND ENTERALGIA, OF BAD DIGESTION, OF DEBILITATION OF THE PHYSICAL POWERS, OF THE MALADIES OF THE LIVER AND BILE, OF HYPOCHONDRIASIS, OF NERVOUS DISORDERS, OF THE DISORDERS OF THE URINE, OF VARIOUS MALADIES. — DIGESTIBILITY AND INNOCUITY OF THE NOURISHMENT RECOMMENDED.

The most obstinate constipations, those which have resisted all the ordinary means, are cured in a very short time by the gruels and soups *prepared with ERVALENTA*. Chronic diarrhœa, in those intermediate cases of which we have spoken in Chapter I, disappears also by means of the same alimentation. Gastritis is promptly cured, the digestion recovered, the physical forces restored, &c. &c.

The Ervalenta has now rendered a service to the medical sciences, and the therapeutic art is enriched by a precious agent.

We might dispense with the business of making known here the

properties of the Ervalenta : they are at once described and confirmed in the testimonials of gratitude which patients address to us ; but it will be well, nevertheless, that the reader should have a summary view of the qualities of this aliment before going over the authentic declarations of cures and alleviations obtained by its use.

INDICATION OF THE PRINCIPAL PROPERTIES OF THE ERVALENTA.

I. *Digestibility*.—The Ervalenta must be placed in the first rank among aliments of easy digestion. The weakest stomachs, as well as those whose health is impaired, will bear this farina ; the youngest children, the most delicate women, the most decrepit old men, digest it equally well ; it suits all temperaments and all constitutions.

II. *Constipation and Hemorrhoids (Piles)*.—The Ervalenta gruels and soups overcome in a short time the most obstinate and inveterate constipations ; they restore to the bowels the power of evacuating themselves *spontaneously*, that is to say, without injections or medicines ; and they bring them into a condition to perform their functions *daily*, the most advantageous state for the reestablishment and preservation of health. — As for *Hemorrhoids*, cure the constipation, and you will cure its effect (see Chapter IV).

III. *Chronic Diarrhœa*.—In ordinary and moderate cases, the Ervalenta renders regular the too soft and too frequent evacuations, —by soothing the bowels, and strengthening the patient.

IV. *Gastritis and Gastralgia, Enteritis and Enteralgia*.—The Ervalenta is a very mild aliment : its use calms promptly the pains both of the stomach and of the bowels.

V. *Dyspepsy (Difficult Digestion)*.—The Ervalenta restores the digestion, and develops the appetite.

VI. *Debilitation of the Physical (Natural) Powers*.—The Ervalenta is an aliment eminently nutritive and restorative : it reestablishes the strength, and increases the vital energy.

VII. *Maladies of the Liver and Bile*.—The maladies of the liver and bile are connected with a bad condition of the digestive organs ; consequently the Ervalenta must be very useful in effecting *their cure*.

VIII. *Hypochondriasis*.—The Ervalenta is very efficacious in the

case of hypochondriasis; and this is easy to understand, this melancholy condition of the patients arising out of a perturbation of the digestion, an excitement of the nervous sensibility, and an affection of the liver or of the spleen; different maladies which are cured or relieved by the Ervalenta gruels and soups.

IX. *Nervous Disorders*.—The nervous affections, which not unfrequently resist every kind of remedy, are often cured by the continued use of Ervalenta; and even when they are not cured, they are in general at least soothed or relieved.

X. *Disorders of the Urine*.—The Ervalenta, by its action on the digestion and evacuations, gets rid of a good part of the causes which disturb the urinary secretion and alter the nature of the urine.

XI. *Various Disorders*.—All the disorders and indispositions which had been occasioned by the derangement of the digestive organs, disappear in general, by little and little, after persons have begun to make use of Ervalenta.

XII. *Harmlessness*.—The Ervalenta does not conceal any medicinal substance: it is a farina of an incontestably innocuous nature, containing nothing which can do harm in any case.

We will now develop each of these twelve heads, but we shall content ourselves with doing so succinctly, because the most decisive and demonstrative exposition of the properties of the Ervalenta is found in the Attestations of the persons who have used it.

NOTE. The preparations of the Ervalenta are agreeable to the taste: there are many persons, who, after having been cured by its use, have continued to take it as an article of food.

With regard to expense, the Ervalenta, which is employed at once as a mode of obtaining a real cure and as nourishment, costs much less than curative methods in general. Two ounces of Ervalenta are necessary for a pint of soup, and this costs, even in London, duty included, scarcely three pence.

The Ervalenta is prepared with milk alone, with milk and water, with water alone, or with meat soup, according to the case and inclination of the person taking it.

Ervalenta prepared with Milk alone, with Milk and Water, and with Water alone.—The ordinary quantity is two ounces of Ervalenta to a pint of the liquid. Mix the Ervalenta with about six spoonfuls of milk alone, milk and water, or water alone, cold; shake and stir it until the powder is entirely diluted, and there does not remain a single lump; then pour in, by degrees, the rest of the liquid. When the whole is well mingled, put it on the fire until it begins to boil, taking

care to stir it continually with a spoon, that it may not burn. At the time taking it from the fire, add an ounce of fresh butter, and, according to the case either *Warton's Melasse* (called *Cochinchinese* *) or sugar †, until it be sufficiently sweetened.—If this quantity of gruel be too little or too much for appetite, a greater or less quantity may be prepared, but the same proportion except in the case provided for in Chapter IV of the book of *Instruction* should be observed.

The butter may be omitted at pleasure; and in like manner, when the *Melasse* is not used, salt may be substituted for sugar.

Ervalenta prepared with Meat Soup.—The proportions of *Ervalenta* and *lin* are the same as for the preceding preparations: two ounces of the *farina* to a pint of good meat soup. Beef soup is the best. It is mixed and cooked in the same manner as the above gruels; only,—instead of adding *Melasse* or sugar, with but little—salt is added according to the taste.

The patient may confine himself to some one of these different preparations of *Ervalenta*, or vary them, according to the plan which he finds suit him best.

To conclude, full details as to the regimen &c. to be observed, according to cases and constitutions of the patients, will be found in the book of *INSTRUCTIONS* which is furnished *GRATIS* with each packet of *Ervalenta* sold.

CHAPTER VI.

Demonstrative Examination of the Properties of the Ervalenta §.

SECTION I.

DIGESTIBILITY OF THE ERVALENTA.—PROOFS THAT THE ERVALENTA IS MOST EASY TO DIGEST.

It is not by reasoning that we shall endeavour to shew to what point the *Ervalenta* is easy to digest: a comparative examination can alone make it clear. We refer the reader in consequence

* This second substance is necessary to a good number of patients at the same time with the *Ervalenta*; namely, when there is a very obstinate constipation, chronic gastritis or gastralgia, enteritis or enteralgia, or a lesion any kind of alimentary canal, of the liver, of the spleen, of the kidneys, of the bladder, &c. and, the use of the *Ervalenta* alone not determining one evacuation in the day, patient finds himself seriously inconvenienced thereby.

† Sometimes it will be better to use partly the *Melasse* and partly sugar.

‡ See the last paragraph of this *Note*.

§ We do not enter into details with respect to *Warton's Melasse*, because we propose its use only in the cases pointed out above, in the note (*) near

to the testimonials which establish this facility of digestion. There will be found among the Attestations a great number of cases in which persons who were unable to bear even the lightest aliments, have perfectly digested the Ervalenta. At first they took but scanty pottages; but they have very soon been able to increase the quantity, and, moreover, they have acquired the power of digesting other aliments. The reason of this is, that, besides its eminently digestible quality, the Ervalenta habitually develops the appetite; and this last property gives to the stomach the faculty of digesting aliments which, if they were not relished, would be undigested; for every body knows that, when we have a good appetite, in general we digest very well.

Proofs. The following Nos, viz. 27, 33, 75, 97, 113, 118, may be referred to in the English Division of the General Collection of Attestations which immediately follows this Chapter, as establishing the ease with which the Ervalenta is digested: in the French Division abundance of others will be found. As regards the virtue it possesses of enabling persons to digest other aliments, see Section V.

We add the following extracts from the present Section of the 24th (the new) Edition of the French, as not having been inserted in the General Collection of Attestations. *

1. "I am well pleased with the satisfactory results I have obtained by means of the Ervalenta.—*It is a very light aliment, and one which is very easily digested*; for, considering the bad state of my stomach, I am a good judge."—"The comfort I derive from it is such that it is my intention long to continue its use." (Compare Section IX.)

Signed, PITRE-RICHER.

Noirmoutiers (Vendée), July 26. 1843.

2. "The dreadful colics from which, in consequence of the difficulty of my digestion, I had suffered for many years, had obliged me to confine myself to *a single meal* in the twenty-four hours, and that too a meal of the lightest description, in which water and milk-

end of Chapter V, as a way of helping the Ervalenta to produce its proper action. See also the observation at the end of the same Chapter. — For the rest, this Melasse does not contain, any more than the Ervalenta, any pharmaceutical substance, and is incapable of doing harm in any case.

* In the present English Edition the Collection of Attestations is much longer than in the French; which is one reason why in this Sixth Chapter, on the contrary, we give in general copious references rather than a selection of extracts.

foods were the only aids to the palate. I tried several times to take a meal in the evening, but each of these trials cost me so dear, that I was obliged of necessity to give them up altogether.

"I began using Ervalenta, in conformity with your instructions, on the 11th of June : I tried taking *three meals a day*, which was a strange novelty for me, who for ten or twelve years had found myself confined by necessity to a single meal during all seasons of the year. I was determined, nevertheless, to take these three meals ; of so much weight did your reasons, and the examples of so many individuals at least as infirm as myself, appear to my mind. I did not find myself inconvenienced by this multitude of meals crowded in my stomach. My strength and appetite returned ; my whole system underwent a visible restoration. Those who knew my painful position cannot believe their eyes, so much are they surprised."

(From * * * Abbey ; July 3. 1846.)

SECTION II.

EFFICACY OF THE ERVALENTA AGAINST CONSTIPATION AND THE HEMORRHOIDS (PILES). — THE ERVALENTA POTTAGES FURNISH A SIMPLE AND AGREEABLE METHOD OF DESTROYING THE MOST INVETERATE CONSTIPATION : THEY MAKE THE BOWELS PERFORM THEIR FUNCTIONS REGULARLY. — THE CURE OF CONSTIPATION BRINGS WITH IT THAT OF THE HEMORRHOIDS ALSO. — CONSTIPATION DURING PREGNANCY.

Constipation exists whensoever a person's alvine evacuations are performed but seldom, and the fæces are hard, and voided with difficulty.

Constipation is often very obstinate ; in the case of many persons it constitutes an habitual state. We have already seen the melancholy consequences of this states, and the necessity of obviating such evils must be felt. By perusing the numerous Attestations which we have printed from our correspondence, the reader will be fully convinced that the employment of Ervalenta is a very efficacious method for the destruction of the most inveterate constipations.

In order to obtain, in ordinary cases, a complete and satisfactory result from the Ervalenta, it must be taken every day regularly at breakfast and supper, during a period of more or less continuance according to the severity of the case.* If this recommendation

* Compare Chapter II of the Instructions. With respect to those who do not take supper, see Chapter IV, paragraph 29, of the same pamphlet.

be exactly followed, the bowels will not be long before they perform their functions regularly. We say, *will not be long*, because the effect is not produced immediately after the first pottage; as if one had taken a violent purgative. The action of the Ervalenta is calm and mild, and it is for this reason that it is certain and lasting: it is true that its beneficial action is sometimes felt as early as the morrow of the day when it was first employed; but more frequently the advantage of its evacuative effect is not obtained till towards the fourth day; and indeed, in some obstinate cases, it does not begin to produce this result till towards the tenth. This delay in its effects is but apparent; it is acting none the less in the intestine, although this is not perceived without. By its calm and mild action the Ervalenta is getting rid of the irregular irritability of the digestive organs, is softening the excrementitious remains which before had been hardened by the heat of the bowels, and is thus facilitating their expulsion. The effects, then, of the Ervalenta cannot be immediate; they are slower in manifesting themselves, in proportion as the constipation is more severe or more inveterate.

Purgative medicines, acting violently, excite the digestive organs, and produce a subsequent reaction which occasions a confinement of the bowels and aggravates the constipation: the Ervalenta acts slowly, but from the time when its effects commence, they are *constant, regular, and lasting*.

It must also be observed that the Ervalenta is free even from the inconvenience which other laxative aliments have; for these latter may in certain cases cause looseness in delicate or aged persons, and we know how much they have to fear from this derangement; whereas the Ervalenta, although it acts in a much more decided manner, does but soften a little the excrements, and does not excite diarrhœa.

The Ervalenta is moreover incontestably superior in the cases of constipation which are generally observed during *pregnancy*, especially during the latter months. The use of purgatives might be injurious; injections themselves are not exempt from inconvenience; whereas the Ervalenta may be given with all confidence in the most delicate cases, and with efficacy for the banishment of *the disorder*. We will only remark that the use of this farina

ought to be continued up to the time of the accouchement, because the constipation which is observed during pregnancy being caused in general by the pressure exercised on the bowels and rectum, it is necessary, so long as the cause which exercises this pressure remains, to preserve as much as possible the whole energy of the bowels, and resist the hardening of the fæces, a double result obtained by means of the Ervalenta.

Lastly, the cure of Constipation brings with it that of the Hemorrhoids (Piles) also : see the *Summary View of the Powers of the Ervalenta* which comes after the General Collection of Attestations.

Proofs.

1. *Constipation*.—Proofs of the efficacy of the Ervalenta as a cure for Constipation will be found in abundance in every part of each Division of the General Collection of Attestations. In order, however not to depart altogether from our plan in the other Sections, we will name in particular Nos. 1, 2, and 3 of the English, and Nos. 2, 4, 8, and 9 of the French Division, as coming from medical men, together with nine of the non-medical testimonials of the English Division, viz. Nos 9, 39, 46, 71, 82, 91, 101, 118.

We add the following, from the present Section of the 24th (the new) Edition of the French (see the note near the end of Section I), as not having been inserted in the General Collection of Attestations.

“ The Ervalenta has produced on me a very good effect against constipation, from which I had suffered for many years. As early as the second day of using this farina, (according to the method pointed out in your Treatise), I went to the water-closet freely enough, and since that time I have not failed a single day to go there : hence I am well satisfied with the result. I shall be obliged by your forwarding me a fresh packet of Ervalenta by the diligence.”

Signed, L. LABBÉ.

Bonneval (Eure-et-Loir), May 24. 1845.

2. *Hemorrhoids (Piles)*.—In the English Division Nos 27 and 99, in the French No 132, may be referred to.

Constipation during Pregnancy.

We add here, from among some Manuscript Attestations *which want of time has prevented our inserting in their places, the following remarkable testimonial to the truth of what we have*

aid above of the especial value of Ervalenta in the cases of constipation which are generally observed during pregnancy.

“ To Mr. Warton, 68 Rue Richelieu, Paris.

“ Sir, The object of my letter being to give you information with respect to the use my wife has made of the Ervalenta, I must tell you that before using it we had tried all the means which several medical men had pointed out to us. The only one which answered its purpose for a time was the use of injections; but my wife having become pregnant, the constipation increased to such a point, that twelve injections were unable to effect any thing, although regulated by medical direction, and some of them prepared by the apothecary; when, by a happy accident, M. Lucien Labbé, who had made use of the Ervalenta [see p. 36], mentioned it to us, and my wife took it three times the first day: the second day, she went, the second time of taking it, to the water-closet; and, in short, the stools continued daily, at first with difficulty, but afterwards very easily.

“ At length the event arrived. Then, the Ervalenta having been suspended by the medical man (as my wife was not to suckle her child), the constipation reappeared. The medical man thought he ought not to hinder her from having recourse to the Ervalenta, when I had acquainted him with its efficacy, and he had witnessed himself the obstinacy [of the malady] in spite of all his prescriptions. After this it was destroyed by little and little, and at length it was not to require the farina to be taken longer.

“ [I am] too happy, Sir, to be able to testify to you a little of my gratitude; for if I had known the Ervalenta sooner, [what misfortunes might we not have avoided!] During the pregnancy preceding the one of which I have just given you particulars, the constipation caused my wife a serious disorder, mingled with phoid fever: during this disorder she was confined, (but not long before her time :) the infant lived only four days, and the other was at the last extremity.

“ Let this short note, Sir, which unfortunately is but the strict truth, be the means of your continuing to furnish so great a consolation; for nothing is more terrible than constipation, and *nothing more delightful than the aliment which banishes it.*

viewed as a remedy. Even as an article of food, it suited my wife also well : my children, who contented with one another to eat it.

“ I am, Sir, with gratitude,

Your entirely devoted servant,

ANGEREAU COUDRAY.

“ Bonneval (Eure-et-Loir), Sept. 26. 1846.”

SECTION III.

CURE BY ERVALENTA OF CHRONIC DIARRHOEA AND OF OTHER ALTERATIONS AS TO THE NATURE AND CONSISTENCE OF THE EXCREMENTS.

In cases of diarrhœa the evacuations are more frequent, more abundant, and more liquid, than in the normal condition : their state varies from one as liquid as water to the consistence of a pulp. Frequently a diarrhœa does not last longer than two or three days ; it is not uncommon to see it continue for a fortnight ; and in no small number of cases it passes into the chronic state. It is of this last that we are about to speak.

Chronic diarrhœa presents the same characters as the acute form, except that the stools are less frequent and have more consistence. We include under this same category many moderate cases which are not commonly designated as ones of chronic diarrhœa, but which may nevertheless become serious : see Chapter I and especially the striking example which concludes it.

In ordinary and moderate cases of chronic diarrhœa we recommend two pottages a day of Ervalenta, prepared with milk or otherwise, according to the constitution of the person.

The reader need not be surprised to see the same remedy, or the same aliment, cure two maladies in appearance diametrically opposite : these two maladies are much more akin than persons suppose : they are often connected with the same causes (chronic inflammations of the intestine) ; and accordingly we frequently enough see cases of constipation pass all at once into the state of diarrhœa, and *vice versâ*.

We do not enter into details as to the mode of action of the Ervalenta : the reader is already aware that this aliment leaves remains of small quantity and free from all irritating action, to

conditions which render it of great service for these derangements. It will be seen moreover by the extracts of Attestations which we give here, of how much service its employment is for the diminution in these cases of the frequency of the evacuations and for the increase of their consistence.

Proofs.

French Division, No 56 of the old form of this Work (see the note to No 6, p. xxxviii, of the present Edition).—"It was only last Monday, the 22d inst., that I was able to begin making use of the Ervalenta.—I seem to find myself the better for it : my sleep is better ; for the last three nights I have waked but twice in the night, and I have not been long in getting to sleep again.—This is also the third day that I have gone to the water-closet but once in the twenty-four hours : this, I may say, is a great novelty with me ; as I always went *two, three, or even four times every morning*, and the fæces were always of a broken and limpid consistence : for the last three days the case has been quite different."

Signed, (Mademoiselle) F. DE MULLER.

(Rue des Places, no. 102, Avenue de la Porte des Étang),
Fribourg (Switzerland) ; Aug. 30. 1842.

On the 2d of October in the same year Mademoiselle Muller writes again :

(Ibid. No. 57.) "I find myself very much better : my stools are sufficiently regular : in general I have but one in the twenty-four hours ; but it still sometimes happens that I have two ; however it is always these winds, this gas with which my inside is filled, which excites them." (Compare Section IX.)

Same Division, No. 20 of the present Edition.—"I am happy to inform you that your Ervalenta has been of remarkable use to a young man in the part of the country where I reside. He had been given up by the medical men, and was in a deplorable state. He suffered from a diarrhœa which forced him to go to stool four or five times a day, a retention of the urine, an absence of sleep, and a prostration of strength.

"At present the diarrhœa has ceased, as well as the retention of urine ; and he performs these two functions like a person in sound health. What remains is a great spitting which causes him great efforts. In fine, if your Ervalenta restores him altogether to health, it will have performed a great miracle, and this one cure will suffice to give it the reputation you appear to desire."

Signed, MALET, Retired Captain.

Hery (Canton of Seignelay, Yonne) ; May 23. 1843.

We add an important medical testimonial to the value of this

substance in a case of a diarrhœa of a different kind, of diarrhœa alternating with constipation.

English Division, No. 3. From Dr. Buxton, M. R. C. S.—
 “A young person had been subject for years to pains in the loins and lower part of the back, probably owing to debility and rapid growth, and, which was, worst after fatigue or in hot weather. On this account, in October last, an eminent physician in London was consulted; who, not being, I expect, put in full possession of the case, looked upon the symptoms as a rheumatic affection, and ordered *vinum colchici* and *tinct. hyoscyami* two or three times a day.

“After persisting in these medicines for a week or ten days, the bowels, which, during the previous year had been much confined, became relaxed, and continued very irritable for above a month, notwithstanding the use of strychnine, hyoscyamus, &c.; *on some days being moved three or four times, at other times being constipated for three or four days in succession.*

“I had then just heard of the value and nature of Ervalenta from Dr. Ashburner [of Wimpole Street?], and suggested its employment according to the directions given in your pamphlet.

The effect of the meal was immediately shown by the loss of pain and uneasiness in the abdomen, *and from that time the irritability of the bowels ceased, and they became quite regular.*

“This diet was persevered in for months, and the bowels have continued in a perfectly healthy condition, though the Ervalenta has not been used for some time.”

Signed, JOHN BUXTON, M.D., M. R. C. S.

Brownlow Street, Bedford Row, (London); Sept. 18. 1846.

SECTION IV.

CURE OF GASTRITIS AND GASTRALGIA, ENTERITIS AND ENTERALGIA, BY THE ERVALENTA.

Gastritis, as its name indicates *, is an inflammation of the stomach. *Gastralgia* may be considered as a complex state of the same organ, an union of morbid phenomena, of which suffering and difficulty of digestion are the principal.

Enteritis and Enteralgia are the same things respectively to the bowels as gastritis and gastralgia are to the stomach.

We have already seen the insufficiency of the medical treatments used against chronic gastritis and gastralgia; and accordingly those

* The termination *itis*, added to the Greek name of a part of the body, is used to express the inflammation of that part.

who are affected with these diseases have already made numerous fruitless trials, which have taught them, at their own expense, to judge of the means which have any chance of success. On learning the digestibility and emollient property of the Ervalenta, more than one will exclaim : That's my remedy ! An experience of nearly six years has confirmed abundantly the efficacy of this farina in cases of gastritis and gastralgia, as may be seen in the Attestations.

To enteritis and enteralgia may be applied the same observations as to gastritis and gastralgia.

Proofs. In the English Division of the General Collection of Attestations, Nos. 3 (from Dr. Buxton, M. R. C. S. : see the preceding Section), 33 (with the P. S.), 39, 86, 94, and 103 ; in the French, Nos. 9 (from Dr. Culis, from Mons in Belgium), 11, 13, 15, 18, 24, 28 (containing three cases), 29 (containing two cases), 33, 37, 43, 48, 51, 56, 73, 85, 97, 114, 121, 124, 128, 136, and 144, furnish abundant proofs of the efficacy of Ervalenta in the cases in question.

We add the following, from the present Section of the 24th (the new) Edition of the French (see the note near the end of Section I), as not having been inserted in the General Collection of Attestations.

“ I had suffered for a year from *pains in the stomach and bowels*, when one of my friends made me try the Ervalenta. For the last three weeks, during which I have been using this farina, I have found myself much better. As I wish to continue its use, I shall be obliged, Sir, by your sending me by diligence a packet of Ervalenta of the weight of four kilogrammes.”

Signed, Widow LEMAIRE.

Rue St. Jacques, n° 26, Douay ; Feb. 22. 1845.

SECTION V.

CURE OF DYSPEPSY BY ERVALENTA : RESTORATION OF THE DIGESTION.

Dyspepsy, or difficulty of digestion, appears in different forms, presents different symptoms : namely, bringing up portions of what one has eaten or drunk, eructations, partial vomitings, acidity, cramps, a feeling of weight in the region of the abdomen, &c. &c.

Bad digestion depends either on the bad state of the stomach,

or on that of some other organ connected by sympathy with it, principally the bowels. The Ervalenta, as will be seen, is equally useful in both cases. 1. If the bad digestion is kept up by the bad state of the bowels, this farina usually makes it easy and complete; for by restoring the functions of the bowels, it restores those of the stomach also to their normal state. When the cause is destroyed, the effect must soon cease. 2. If the difficulty of digestion proceeds from an affection of the stomach, in this case also the Ervalenta cures it; for this aliment is so mild and so easy to digest (see Section I), that it banishes in general the affection of the stomach; and so, in this second case also, the cure is not long in arriving. When Ervalenta pottages are taken, the person soon observes that the appetite increases; the cause of which is that the stomach is in a state of perfect cleanness. When this is the case, one begins to digest well light aliments, and afterwards the ordinary ones.

Proofs. In the English Division of the General Collection of Attestations, Nos 25, 27, 33, 34, 42, 67, 85, 92, 93, 113, 116; in the French, Nos 9 (from Dr. Culis, from Mons in Belgium), 12, 13, 16, 21, 23, 28, 29, 33, 35, 38, 39, 49, 53, 56, 57, 70, 73, 74, 84, 87, 123, 129, 136, end of 150, afford convincing proofs of the efficacy of Ervalenta in cases of indigestion. See also Nos 75, 97, and 113 of the English, and No 127 of the French Division, which belong also to Section I.

We add the following, from the present Section of the 24th (the new) Edition of the French (see the note near the end of Section I), as not having been inserted in the General Collection of Attestations.

“Thanks to the happy state of my stomach and bowels, obtained by the use of your valuable farina, *I digest well* all that I eat, and I sleep perfectly well; whereas before, all I ate troubled me.”

Signed, B. DE PASSONCOURT.

Passoncourt, June 4. 1843.

SECTION VI.

INCONTESTABLE ADVANTAGES OF THE ERVALENTA IN CASES OF WEAKENED PHYSICAL (NATURAL) POWERS.—CONVALESCENTS.

—WEAK AND DELICATE PERSONS. —AGED PERSONS. —WEAK AND RICKETTY CHILDREN.

The weakening of the physical (natural) powers is defined by

its own name : it always proceeds from a fault in the nutrition. Means then must be sought to remedy this affection by the choice of an alimentation which brings into the system repairing principles without occasioning irritation in the digestive passages. This double condition is essential for the following reasons.

The nutritive power of aliments is not absolute; it depends on the state of the digestive organs. Thus roast meat and beef-steaks are with just reason regarded as very nutritious; but for a stomach which cannot digest them, they are as unproductive as caoutchouc. Pork is also very substantial; but there are nevertheless a great number of persons who could not derive nourishment from it. Bread itself is not equally digested by all stomachs : the greater part of those who do not take exercise can eat but very little of it in comparison with active persons. Hence we see that an aliment ought to be considered as really nutritious only when it can be digested well : consequently, the first quality of an aliment, for invalid stomachs especially, will be its perfect digestibility. But we have already seen that the Ervalenta is an aliment of singularly easy digestion.

Let us add further that this farina, by means of its eminent digestibility, clears away, so to say, the embarrassments of the stomach, and restores to this organ sufficient force to support other aliments. And as, when one takes different kinds of food, one always eats more, the result is that the Ervalenta, acting directly by its digestive and nutritive properties, and indirectly by that of strengthening the appetite, restores and fortifies in an astonishing manner.

In particular,

Convalescents, and weak and delicate persons, will find in this farina an analeptic (restorative) substance which will accomplish their desires, that is to say, will hasten the return of health and strength.

Aged persons will find equal benefit from this alimentation. They ought not, in general, to attribute the deterioration of their constitution to any other cause rather than to a weakening of the digestive functions; consequently their first care should be to re-animate those functions. The Ervalenta fully accomplishes this end; and as it constitutes moreover an analeptic and repairing

nourishment, it will be for them a great preservative from the ordinary disorders of old age.

Weak and ricketty children ought to have Ervalenta given them. They have need of a nourishment which is mild, digestible, and very repairing, and we have seen that the Ervalenta is eminently soothing, digestible, and repairing.

Proofs.

In the English Division of the General Collection of Attestations, Nos 27, 33, 34, 48, 81, 85, 95, 98, 99, 103, and 113; in the French, Nos 20, 28, 30, 33, 34, 40, 43, 70, 80, 90, and 132, may be referred to in proof of the restoring and strengthening effects of the Ervalenta.

We add from No 57 of the old form of this Work the following extract :—"I also find myself stronger [since using the Ervalenta]; I no longer feel that weakness and lassitude with which I had been oppressed for so many years."

Signed, (Mademoiselle) F. DE MULLER.

(Rue des Places, No 102, avenue de la Porte des Étang^s,)
Fribourg (Switzerland); Oct. 2. 1842.

(Compare the extracts given in Section IX.)

SECTION VII.

DISORDERS OF THE LIVER : BILIOUS DISORDERS.

The disorders of the liver and the bilious disorders are so connected with one another that they ought to come under but one head.

But the liver being the organ which secretes the bile, when it is out of order, the product which it secretes must change its nature; the secretion of the bile must be either accelerated or retarded, deteriorated or brought to nothing. The disorders of the liver and bile present several forms; we will point out the following: *Acute Hepatitis (inflammation of the liver)*; *Chronic Hepatitis*; *Obstructions of the Passages for the Excretion of the Bile*; *Icterus or Jaundice*; *Alterations of the Bile*.

If we consider these maladies in a general manner, we soon perceive that one is ordinarily the consequence of another. Inflammation of the liver, more or less acute, is in general the affection which shews itself the first, and this generates the rest. *Acute hepatitis* passes very frequently into the chronic state; this

last, when prolonged, determines an induration (hardening) of the organ; the induration of the liver weakens considerably its essential function, which is to separate from the blood the materials of the bile; and, moreover, it obliterates to a certain point the passages for the excretion of the bile; two circumstances which remarkably facilitate the appearance of the jaundice. Then come the alterations of the bile, and biliary calculi.

A not uncommon cause of the disorders of the liver and bile is the derangement of the digestive organs. Cases will be observed which may be referred to other causes. Sometimes the jaundice has its origin in a vivid moral emotion. "Authors", says Portal (*Maladies du Foie*, p. 141), "have recorded in their writings examples of these jaundices; and particularly Lazare-Rivière, Hoffmann, Morgagni, and Lallemand, who wrote a very fair Treatise on the Passions; in which we find that criminals have had the most intense jaundice from the time when sentence of death has been passed upon them; that other persons have become very yellow on learning the loss of a law-suit, or the unexpected death of a person tenderly loved." In all these cases, the jaundice has been regarded as proceeding from a cause merely nervous. "But", Professor Bonnet adds, "the truth is that, if the reality of this order of causes cannot be called in question, the icterus comes on, in the greater number of cases, only because the mucous membrane of the stomach and bowels, strongly over-excited itself, has made the liver participate in its state of suffering." (*Nouveau Traité des Maladies du Foie*, p. 378 : 1841.) Moreover the sad passions and the vivid affections of the soul coexist, very often, with a chronic gastritis, and it is by means of the irritation of the stomach and bowels that they determine the jaundice.

A great number of causes are generally recognised as capable of determining the disorders of the liver or bile; but, if they are attentively examined, it will be remarked that they are circumstances more or less connected with the disorders of the stomach and bowels. These causes are : a bilious or melancholy temperament, an irascible disposition, cares, grief, the habit of an exciting animal diet, that of spirituous liquors, &c.

The bile plays an important part in the digestive function; and accordingly every perturbation in the secretion of this fluid brings

with it unhappy consequences. The bile runs in the bowels while the aliments which have been partially digested in the stomach traverse the duodenum and distend it; it contributes to the operation of digestion, which divides the aliments into assimilable portions and *fæces*; it facilitates the exit of the *fæces* by lubricating and stimulating the mucous membrane of the lower intestine; and, finally, as Dr. Ripault observes (*Propositions sur les Fonctions du Foie*), it retards, by reason of its having but little tendency to putridity, the corruption of the fecal matters. These different uses of the bile suffice, it seems to us, to render obvious the necessity of not neglecting the maladies of the biliary secretion.

The treatments which had most commonly been opposed to these disorders were founded principally on the use of purgatives, but it had already been long remarked that frequently these medicines did but exasperate the malady.

Since the bilious disorders proceed commonly from a derangement of the organs of digestion, it is evident that the most rational treatment will be that which will be able best to restore the digestive function.

Is it necessary to recommend the use of the Ervalenta as the most suitable method which can be employed? We think not: its qualities as respects digestion have placed it in the foremost rank for the treatment of the disorders of the digestive passages. This has been abundantly proved by the references we have already given, in the first and fifth Sections, to the General Collection of Attestations. As to its special action in respect of the disorders of the liver and bile, we add the following examples.

English Division, No 35.—"A friend of mine informs me that he has received great benefit from the use of the Ervalenta: he took it for a liver complaint and occasional constipation."

Signed, STEPHEN MONGOR.

Ramsgate, April 22. 1845.

No 43. From Captain J. Ralston.—"I beg leave to state that I have long suffered from an affection of the liver and chest, accompanied with irregular digestion and action of the bowels, and that I have on two occasions resorted to the use of your Ervalenta with decided benefit. I use it every morning at breakfast, and find myself relieved from the necessity of using purgative medicines. I have no hesitation therefore in bearing testimony to the benefit

the Ervalenta so far as my case is concerned, and I wish you success in baffling all attempts to put a stop to the sale of it."

Signed, J. RALSTON.

Brighton, April 29. 1845.

No 50. *From Miss Marlow.* — "Previously to using Ervalenta I had several severe illnesses, arising from an affection of the liver. I consider that I have suffered much less from pain in my side, &c. since July last, and that the general state of my health is decidedly improved."

Signed, HARRIOT MARLOW.

Twickenham, (London;) May 2. 1845.

No 119.—"For many years I was subject to *serious bilious attacks*. I had also a *liver complaint*, and very frequently was obliged to take medicine to relieve the bowels, as I suffered much from constipation. Since I made the happy experiment of Warton's Ervalenta and Melasse, my health generally has greatly improved; require no medicine, my bowels being now in a perfectly regular state; and I have full confidence that, by continuing the use of the Ervalenta for some time longer, I shall be restored to perfect health."

Signed, LEONARD JESSE.

Dec. 23. 1847. ("North Newton, Pewsey, Wiltshire.")

See also Nos 46, 100, and 113; and in the French Division No 70.

SECTION VIII.

HYPPOCHONDRIASIS AND MELANCHOLY : INDISPUTABLE UTILITY OF THE ERVALENTA IN THESE CASES.

Hypochondriasis was formerly viewed as connected with an affection of the spleen or of the liver, because these maladies were attributed to a black humour of which these organs were the alleged source. If we characterise the disorders in question by the symptoms they present, we must make them depend on a disturbance of the digestion, and moreover on a heightening of the sensibility, which makes the patients considerably exaggerate their sufferings. And if we call to mind what has been said of the calm, the satisfaction, and even the gaiety, which accompany good digestion, we shall be led to give to hypochondriacs and melancholy persons whatever is of a nature to reestablish this important function. And what substance could be preferred to the Ervalenta? Moreover the examples which follow furnish indisputable proofs of the *efficacy of the Ervalenta* in cases of hypochondriasis and melancholy.

(*Proofs.*) In the English Division Nos. 53 and 113 (see also No. 25 and 33); in the French Nos. 11, 13, and 90, (see also No. 39,) may be referred to as proving the effect of Ervalenta on the spirits.

We add the following extract from No. 57 of the old form of this Work :—" I also find myself stronger [since using the Ervalenta]; I no longer feel that weakness and lassitude with which I had been oppressed for so many years : my moral faculties have also gained. You cannot think to what a degree my infirmities had weakened my mind : I was always irresolute and hesitating in every thing; I had no more memory. Now I am quite different." (Compare Section IX.)

Signed, (Mademoiselle) F. DE MULLER.

(Rue des Places, no. 102, Avenue de la Porte des Étangs,
Fribourg (Switzerland); Oct. 2. 1842.

SECTION IX.

THE USE OF THE ERVALENTA BRINGS WITH IT THE CURE, OR AT LEAST THE ALLEVIATION, OF THE DISORDERS OF THE NERVES.

The disorders of the nerves, although, generally speaking, but little dangerous, are disheartening by reason both of the sufferings they occasion, and of the length of their duration. Their nature is but little known, and the manner of treating them is in accordance with this uncertainty; and hence there is scarcely any medicine which has not been recommended or employed to oppose them; but very often they have remained rebellious in spite of all remedies.

If it is not possible to determine correctly the points of the nervous lesions, nor to know the agent which produces them. it has at least been remarked that these affections are generally connected with or accompanied by disturbances, more or less apparent, of the digestion.

Observing the connection which exists between the nervous disorders and the state of the digestive passages, we were led to treat them by means of Ervalenta, and numerous successes authorised us to recommend this farina in the treatment of the affections of the nerves. We do not however pretend that the Ervalenta *always effects radical cures*, but we maintain that it often cures and still *oftener alleviates*. Persons affected with these disorders, accor-

tomed as they are to try every thing unsuccessfully, ought to be satisfied with even the alleviation of the evil; the more as this amelioration occasionally brings about, by insensible degrees, a complete cure.

There will be found in the Attestations many very intense nervous affections cured in a few weeks by the Ervalenta : faintings, tremblings, convulsive movements, noises in the ears, headaches, pains above the eyebrows, sick headaches, confusion in the thoughts, &c., all has disappeared under the influence of the Ervalenta pottages.

More particularly, in the English Division, Nos. 11, 45, 85, 103, 113, and 114; in the French, Nos. 18, 24, 34, 39, 43, and 157, may be referred to in proof of the utility of Ervalenta in combating the disorders of the nerves.

We add the following extracts from Nos. 55 and 57 of the old form of this Work :

“ If the Ervalenta produces all the good effects you attribute to it, certainly it will have a great reputation to gain in my case; for my health is unlike that of any other patient. My constitution, eminently lymphatic and *nervous*, has been for several years in that state of prostration of the vital forces which you so well describe in your Exposition. I am in an habitual state of infirmity and suffering; I experience almost always an icy coldness from the loins down to the feet; I am obliged to be clothed in summer almost as in winter; if I wish to quit, in the greatest heats, a too warm article of dress in order to substitute for it one which is a little less so, this is the multitude of evils which comes to attack me : colds, horrible toothache, *dreadful neuralgies*, rheumatisms, painful wearinesses, inflammations, in short all the evils which you point out as those which may occasionally be produced by the prostration of the vital powers.

“ Ah ! Sir, how weak are these vital powers in me ! For the last fifteen years I have no longer been able to go down stairs without holding fast to the balustrade (*or hand-rail*); my legs tremble and vacillate as those of a man under the influence of wine. Since I have had this unhappy gastritis, I can no longer snuff a candle without supporting the arm of the hand which snuffs it. Well then ! in spite of the multiplicity of my evils, for I tell you but a part, in spite of their chronic intensity, in spite of my great age, I feel strongly disposed to try the Ervalenta. If this farina is unable to deliver me from all my evils, I have some hope that it *may diminish their number or weaken them* be it ever so little ; *for, according to your Exposition, I am fully persuaded that they*

are caused by the defect of a suitable digestion, and the bad state of the alimentary and excrementitious canal."

Signed, (Mademoiselle) F. DE MULLER.

(Rue des Places, n° 102; Avenue de la Porte des Étangs,
Friburg (Switzerland); July 30. 1842.

The 2d of October the same year Mademoiselle de Muller gave the following testimony to the Ervalenta.

"The interests of my fellow-creatures make it my duty to address to you the following facts.

"Although I have been taking the Ervalenta for the last six weeks only, I can say nevertheless that, speaking generally, my health is very much better. My sleep is more tranquil than before; I rise in the morning more willingly and sooner; my appetite is also very much better than previously; I can say that I eat with a real pleasure; all kinds of food appear to me excellent; although I still eat with great moderation, for the sad state of my health had accustomed me for more than fifteen years to a great sobriety. I also find myself stronger; I no longer feel that weakness and lassitude with which I had been oppressed for so many years: my moral faculties, too, have gained. You cannot think to what a degree my infirmities had weakened my mind: I was always irresolute and hesitating in all things; I had no more memory. Now I am quite different."

Signed, (Mademoiselle) F. DE MULLER.

(Rue des Places, n° 102, Avenue de la Porte des Étangs,
Friburg (Switzerland); Oct. 2. 1842.

Also the following from the present Section of the 24th (the new) Edition of the French (see the note near the end of Section I).

"I am much pleased with the satisfactory results I have obtained by the help of Ervalenta, and I come now, Sir, like so many others, to felicitate you on the important discovery you have made. I have been suffering, as you know, for the last eighteen months, *from a nervous disorder*. During the first eight months of my malady, I frequently had recourse to the ordinary purgatives, which did not answer my purpose, as they relieved me for the moment only; but since I have made use of your Ervalenta, my evacuations have been regular and easy: the comfort I derive from it is such that it is my intention long to continue its use. Since the last letter I addressed you my position is much ameliorated: I have had much less pain in my head since my bowels have been free."

Signed, PITRE-RUCHER.

Noirmoutiers (Vendée), July 26. 1843.

SECTION X.

UTILITY OF THE ERVALENTA IN CASES OF PERTURBATION OF THE URINARY SECRETION, AND OF ALTERATION OF THE URINE.

The urinary secretion is particularly subjected to the influence of the digestive organs. By a suitable choice of food and drink we correct, modify, and cure almost all the alterations of the urine. M. Dumas, Member of the Institute, cited in the year 1846, in his Course of Lectures on Physiological Chemistry given before the Paris Faculty of Medicine, an example which proves how great is the influence of the alimentation on the nature of the urine. M. ***, suffering from gravel, passed gravel-stones of a very different nature according to his kind of life and the nature of his diet. He held a high place in the administration, and his principal business was a long tour of inspection every year. While his tour lasted, his urine furnished an abundant deposit of uric acid (*a reddish yellow powder*); as soon as he got back to his country-house, the uric acid ceased to be deposited, and was replaced by calculi of oxalate of lime. This considerable change in the nature of the materials held in solution in the urine is easily explained by the difference of his alimentation. During his tour he felt himself obliged almost daily to accept dinner invitations; and every one knows that these invitation dinners are generally characterised by the succulence, the variety, the high quality, and the abundance of the dishes, by a long time spent at table, and a succession of generous wines, exciting and heady; all circumstances which singularly favour the formation of a too great quantity of uric acid. When he came to his country-seat, all was changed: for the time he passed in sitting before the desks, or in his carriage, were substituted country walks or rides; while a frugal diet took the place of the exciting dinners which he took during his tour. However he was too fond of sorrel (*oseille*) and other garden-stuff and fruits which facilitate the formation of calculi of oxalate of lime.

From this example, as well as from a great many others which we do not adduce, it may be seen that an exciting diet greatly favours the formation of a too great quantity of uric acid, a formation which frequently occasions pains in the loins, irri-

tations of the bladder, retentions of the urine, &c. It is wise therefore, it is necessary, to follow a regimen opposed to the superabundant production of uric acid. The most rational treatment is a suitable diet. It has been ascertained in a great number of cases, that the Ervalenta, by its digestive and evacuating powers, banishes the causes which disturb the urinary secretion and change the nature of the urine.

Proofs. In the English Division of the Collection of Attestations, Nos 27 and 85 (of which latter we give an extract below); in the French, Nos 20, 76, 82, and 97 may be referred to in proof of the utility of Ervalenta in the treatment of disorders of the urine.

Extract from No 85, English Division.—"I have experienced frequent pains and weakness in my loins, and much sediment in my urine, which was high-coloured, and sent forth offensive emanations.—My urine is now [after using the Ervalenta] pale and free from sediment." (For the signature &c. see the Attestation itself, p. xxvi.)

We add the following from the present Section of the 24th (the new) Edition of the French (see the note near the end of Section I).

"I find myself a little better since I have made use morning and evening of Ervalenta.—The disorder from which I suffer is a *catarrh of the bladder* with constipation, besides which my stomach often digests with difficulty." *Signed, CLET.*

Coubleire, near Voiroz (Isère); June 14. 1845.

On the 19th of August the same year M. Clet writes again as follows.

"As soon as you receive this letter, I shall be obliged by your sending me at once a packet of Ervalenta. I am quite without this farina, from which I experience good effects: hence I am desirous to receive it with the least delay possible."

Signed, CLET.

Voiroz (Isère), Aug. 19. 1845.

SECTION XI.

VARIOUS DISORDERS.—HOW THE ERVALENTA CURES SO MANY OTHER DISORDERS.

It is useless to enlarge on this head, because it has already been *shewn for certain* that constipation and the other derangements of the alimentary canal are the source of a very great number of

disorders more or less serious, and that the regularity of the alvine evacuations brings with it their cure, when the most specious means fail in their effects. But we have just seen how great the power of the Ervalenta is for rendering regular the alvine evacuations, and the just inference is that it effects the cure of all the disorders which had been produced by the bad state of the digestive organs, with the exception of some rare cases of complete disorganization of the tissues, and even then it plays a most important part. The disorders cured, either directly or indirectly, by the Ervalenta are very numerous, as will be shewn by the General Collection of the Attestations themselves; to which, in order not to make too voluminous a Work, we refer the reader.

SECTION XII.

INDISPUTABLE HARMLESSNESS OF THE ERVALENTA. — PROOFS THAT IT CONTAINS NO MEDICINAL SUBSTANCE, AND CAN IN NO CASE DO HARM.

To prove that the Ervalenta contains no kind of medicine, nor any substance capable of doing harm in any case, we will furnish official documents.

In 1843 the French authorities ordered an inquiry into the greater part of the secret remedies. The matter was brought before the Courts, and judicial examiners were named by them to verify and analyse these remedies.

“The judicial examiner (Professor Chevalier, charged with the examination of our Ervalenta and Melasse) rendered homage to the *entire* harmlessness of these two productions.” *Gazette des Tribunaux* of May 24. 1843, in its report of the proceedings concerning the Ervalenta.

The same Professor, a chemist of great merit, certifies further in his report: “*That the Ervalenta contains nothing which, even by accident, can do the least harm to any one; and that in fact it is nothing but an alimentary farina.*”

Finally the matter was carried to the *Cour Royale* (Court Royal), and the conclusions of this Court were altogether the same as

those of the Correctional Tribunal. (Paris, July 1. 1843.) — See also the back of the title-page.

After it had been ascertained that the Ervalenta and Melasse were really alimentary substances, full and entire liberty was given us, *as an acquired right*, to propagate everywhere the use of these two products, so efficacious against constipation and the other disorders of the alimentary canal, as well as against those which are derived from them.

In England the result of a recent chemical analysis by no less an authority than Dr. Ure, has thus been certified by himself.

“ London, Dec. 2. 1847.

“ I have analysed a sample of the finely ground meal of a leguminous seed, called *Ervalenta*, and find it to be a pure vegetable product, very nutritious and easily digestible, possessing the character of counteracting habitual constipation, and establishing a regularity in the alvine discharge. The said *Ervalenta* is in my opinion a perfectly wholesome dietetic.

(Signed,) ANDREW URE, M. D., F. R. S.,

“ *Professor of Chemistry, and Analytical Chemist.*”

NOTES.

I. The last preceding certificate belongs of course to p. iii of the General Collection of Attestations, as well as to this place, but arrived after that portion of the Work was already in type.

II. The other testimonials found in the different Sections of this Sixth Chapter and not found in the General Collection are the following,—all of the French Division.

1, 2, and 3. From Mademoiselle de Muller, of the dates of July 30, Aug. 30, and Oct. 2. 1842 (in Sections III, and IX : see also VI and VIII). — 4. From M. de Passoncourt, dated June 4. 1843 (Sect. V). — 5. From M. Pitre-Richer, July 26. 1843 (Sections I and IX). — 6. From Madame Lemaire, Feb. 22. 1845 (Sect. IV). — 7. From M. Labbé, May 24. 1845 (Sect. II). — 8 and 9. From M. Clet, June 14 and Aug. 19. 1845 (Sect. X). — 10. From M. Angereau-Coudray, Sept. 26. 1846 (Sect. II).

We add here the following Attestation of the present year, which arrived too late to be inserted in its place, at the end of the English Division.

Additional Attestation for the English Division.

Ervalenta extraordinarily efficacious, in a short time and without any inconvenience.—Fraudulent attempt to impose on the public.

Mr. J. Youens.—Sir, Having four years since read your book on Constipation, I was induced to recommend a near and dear relation (who had for years been under unsuccessful medical treatment) to try the effect of the food named “*Ervalenta*”, and gratitude compels me to attest its extraordinary efficacy after a few weeks’ use, without any attendant inconvenience or trouble;—indeed the *Ervalenta* properly prepared is a luxury.

I am the more induced to address you since an article has lately been put forth called “*Revalenta*”, intended no doubt to deceive by similarity of name; an injury to you, and a deceit on the public, which deserves reprobation.

I am, Sir, yours obediently,

O. E. TEAKLE.

11 Porchester Terrace, Bayswater; Jan. 12. 1848.

MOTIVES FOR ATTENTIVELY PERUSING THE FOLLOWING DOCUMENTS.

1. For those in ill health at all events, they will be found to possess no small *interest*.

2. The mode of action and extent of application, together with the merits in general, of the Alimentary Method, will be better understood and more justly appreciated than, without such reading, they easily could.

3. Besides particular hints, which may be useful in particular cases, so extensive an acquaintance with the experience of others will tend undoubtedly to give a more *practical* turn to the theoretical information which the preceding portion of the Work is *more especially* calculated to supply.

4. From the knowledge and appreciation of which we have spoken, will arise *a well grounded confidence*; from practical views, *judgment*; both requisites of the utmost importance in undertaking and going through with a treatment of whatever kind.

It must not, however, be inferred from the foregoing considerations, that the perusal of the Documents in question can be substituted for that of the Treatise which precedes and the Summary which follows them, without great disadvantage to the reader.

By reading the whole Work in the order in which it stands, the principles will explain the facts, the facts confirm and illustrate the principles.



SERIES OF DOCUMENTS,

CONSISTING OF

CERTIFICATES, TESTIMONIALS, AND DECLARATIONS,

BOTH OF MEDICAL MEN,

AND OF PATIENTS CURED OR BENEFITED

BY THE USE OF ERVALENTA.

IN TWO DIVISIONS;

**THE FORMER CONTAINING ENGLISH AND OTHER,
THE LATTER FRENCH AND OTHER, ATTESTATIONS.**

NOTES.

1. In the English Division, we have placed at the head of each Attestation a summary, or at least some mention, of its contents.

2. In the French Division, we have done the same with the Medical Attestations; for the rest, we have been content to do little more than point out, so far as possible, the disorders (or principal disorders) whose cure or mitigation they record.

3. It will easily be understood that, in publishing these documents, we avoid, as much as may be, swelling the Work and tiring the reader with useless details.

4. There will be found on the first page of the preceding Treatise a note which applies to this part of the Work.

5. The first five of the French *Medical* Attestations, and, with the exception of Nos. which have “(N.)” at the beginning, all the French *General* Attestations of the years 1842 and 1843, have already appeared, together with several others, in the older forms of this Work. The remainder of the French, and the whole of the English Division, are new.

6. See also the Notes at the end of Chapter VI.

I. ENGLISH DIVISION.

TESTIMONIALS OF MEDICAL MEN.

No. 1.

From Joseph Dallaway, Esq., about forty-eight years Surgeon and Assistant in Her Majesty's Navy.

Experience and opinion of the Ervalenta.

To Mr. Warton, 68 rue Richelieu, Paris.

Sir, In reply to your letter of the 30th ult., I should be most happy to conform to your wish, but as I am not a private practitioner, I fear my friends would not like to have their names made public. I merely recommend the Ervalenta amongst my friends, as well as all medical men to whom I am known; having considered that farina as an aliment tending to promote the natural discharge from the bowels; that being in my opinion the key to all our diseases. I have been about forty-eight years Surgeon and Assistant in Her Majesty's Navy: I am now retired, but during that service I have had vast experience in those derangements of the stomach and bowels which your Ervalenta cannot fail to remove; and probably I may again resort (myself) to its use; not considering it any failure with me, but (having suspended it) owing to a complicated complaint which I am hopeful may, by altering the course of treatment, be ultimately cured.

You kindly offer to send me a bottle of your Melasse, for which I thank you; and no doubt but I shall find it as you have described, not having used any of it with the Ervalenta.

Being in London a few months ago, I recommended your farina to many of my friends there. Still I think you would forward a benefit to the public, had you agents in some of the large towns in England, Scotland, and Ireland; for it only requires a trial to know the benefit of the Ervalenta.

*I have the honour to remain, Sir,
Your most obedient servant,
JOSEPH DALLAWAY.*

Deal, May 7. 1845.

No. 2.

From Dr. Boisragon of Cheltenham.

Experience and opinion of the Ervalenta.

To Messrs. James Youens and Co., 45 Ludgate Hill*, London, Mr. Warton's Agents.

Sir, On my return yesterday evening from London I was favoured with your obliging letter, accompanied by a box of Ervalenta, for which I beg to return my best acknowledgments.

I have had great satisfaction from the favourable results of this dietetic farina, in recommending its use to a considerable number of patients, whose torpid state of the alimentary canal requires the too frequent use of stimulating aperients, and to whom the appropriate use of a diet, nourishing and at the same time such as assists the peristaltic action of the bowels, is necessary; and in such cases of mere functional constipation, I consider the Ervalenta as a most valuable article of food, and can conscientiously recommend its adoption beyond any article of a similar character that I have ever prescribed in similar cases.

It will therefore afford me pleasure, to continue its recommendation to patients labouring under habitual torpor of the bowels; and you are at full liberty to mention my favourable opinion of its merits, founded as it is on a considerable experience of its efficacy.

I remain, Sir, &c.,

HENRY C. BOISRAGON, M. D.
Cheltenham, June 20. 1845.

No. 3.

From Dr. Buxton, M. R. C. S.

A remarkable case.—The Ervalenta spoken well of by another physician.

Mr. Warton.—Sir, In answer to your note of the 16th, I beg to inform

* For Mr. Youens's present address see the title-page.

ou that I found the Ervalenta of great service in a case dissimilar, I believe, to any which your pamphlet mentions.

A young person had been subject for years to pains in the loins and lower part of the back, probably owing to debility and rapid growth, and which was worst after fatigue or in hot weather. On this account, in October last, an eminent physician in London was consulted; who, not being, I expect, put in full possession of the case, looked upon the symptoms as a rheumatic affection, and ordered *vinum colchici* and *inct. hyoscyami* two or three times a day.

After persisting in these medicines for a week or ten days, the bowels, which, during the previous year had been much confined, became relaxed, and continued very irritable for above a month, notwithstanding the use of strychnine, hyoscyamus, &c.; on some days being

moved three or four times, at other times being constipated for three or four days in succession.

I had then just heard of the value and nature of Ervalenta from Dr. Ashburner [of Wimpole Street?], and suggested its employment according to the directions given in your pamphlet.

The effect of the meal was immediately shewn by the loss of pain and uneasiness in the abdomen; and from that time the irritability of the bowels ceased, and they became quite regular.

This diet was persevered in for months, and the bowels have continued in a perfectly healthy condition, though the Ervalenta has not been used for some time.

I am, Sir, your obedient servant,

JOHN BUXTON, M.D., M. R. C. S.

Brownlow Street, Bedford Row,
(London;) Sep. 18. 1846.

GENERAL ATTESTATIONS.

No. 4.

The Ervalenta has the desired effect.

Messrs J. Youens and Co.—Sirs, I must trouble you to send me another bottle of the Cochin-Chinese (Warton's) Melasse, for which the bearer has a box.

For some days the Ervalenta seemed to have lost its power; but having been persevered with, it has again had the desired effect. I should say that, having found it, after several days' trial, impossible to take it made with milk, we used half milk and half water; but the stomach would not bear even that, and for a month or more, we have mixed it (about 2 $\frac{1}{2}$ oz.) with water only (one pint), boiling the whole gently six or seven minutes.

Signed, JOHN GRAY, Bookseller.
Croydon, May 4. 1844.

No. 5.

Great benefit derived from Ervalenta by a gentleman verging upon eighty years of age—its importance to him.—No injury can arise from its use.

Messrs. J. Youens and Co.—Gentlemen, I have nearly finished the packet of

Ergalenta you forwarded to me some time ago, and from which I have derived great benefit; and now, verging upon eighty years of age, I will not "lose the ship for two-pennyworth of tar". I therefore request you to send me another packet forthwith, as before; and I hope I shall do you some service by my example. No injury can arise from the use of the farina, if all the good wished for do not follow. With me, by the course of nature, I shall not live long to be a living proof of its excellence.

Your obedient servant,

WILLIAM HUNT, Barrister at Law.
King's College, Cambridge; July 6. 1844.

No. 6.

Much benefit derived from the Ervalenta.

Messrs. J. Youens and Co.—Gentlemen, When at Warrington I received from you a packet of Ervalenta, from which I have received much benefit. I here enclose you an order on the Post Office for seventeen shillings and four pence, and shall feel obliged by your sending me another package with directions; also anything further by means

of which I can give it publicity among the suffering public.

Yours respectfully,

THOMAS TUNSTALL.

Midland Railway, Locomotive Department,
Derby; July 8. 1844.

No. 7.

Most beneficial effects from the use of Ervalenta. Astonishing improvement of health.

Messrs. J. Youens and Co.—Sirs, I have enclosed an order on the Post Office for a packet of Ervalenta, and I avail myself of the present opportunity to inform you that I have received the most beneficial effects from the use of that farina. I have not taken the entire of one packet yet, and it is truly astonishing how much my health is improved.

I think it right to inform you also that zeal shall not be wanting on my part to extend the sale of the Ervalenta in this locality.

I remain, Sirs, yours respectfully,

WALTER LAMBERT.

Ballygettam, (Wexford, Ireland;) July 10. 1844.

No. 8.

The Ervalenta very beneficial.

Messrs. J. Youens and Co.—Gentlemen, I have had two packets of the Ervalenta for a friend, and I am happy to say it has proved very beneficial to him: I may shortly want more. Will you have the kindness per return to inform me whether you appoint agents; and on what terms, if I undertake the sale of it? I would give you a *reference*, and remit the amount at the time you specify. Waiting your reply,

I am, Gentlemen, yours obediently,

W. ROSE, Jun.

Spilsby, Lincolnshire; July 17. 1844.

No. 9.

The Ervalenta acts well, and effects what purgatives never did.

Messrs. J. Youens and Co.—Gentlemen, Be good enough to acknowledge the enclosed Post Office order for the packets. The Ervalenta acts *well*, and has already restored my bowels to a *full daily action*. Purgatives never did thus much.

Signed, DAVID GUNTON.

Soham, near Cambridge; July 26. 1844.

See also Nos. 10 and 14.

No. 10 (see No. 9).

A series of great sufferings.—Astonishing amendment effected by the Ervalenta.

Messrs. J. Youens and Co.—Gentlemen, Be good enough to forward by return of Clements the carrier, *two* packets of Ervalenta. The astonishing amendment in me has caused a friend of mine to resolve upon using this “*elegant*” remedy. As my cure progresses, I shall communicate to you a series of sufferings which, although they have been unequalled in their character, and completely befooled the *best* medical treatment, will ultimately yield to the *whole-some* influence of your Ervalenta. I speak thus exultingly from my present condition, which is *most* satisfactory.

I am, Gentlemen, yours faithfully,

DAVID GUNTON.

Soham, near Cambridge; August 8. 1844.

(*See also No. 14*).

No. 11.

From Lady Lyon.

Constipation of twelve years' duration.—Determination of blood to the head.—Spasms.—Fits.—Pain in the side, etc.—Effects of the Ervalenta.

Mr. Warton.—Sir, It will be a pleasure to you to hear, that having lately heard there was a respectable person in the village that had been wonderfully benefited by the Ervalenta, I sent to request to see her, and found it to be quite true.

After twelve years of intense constipation following a violent illness, and accompanied by determination of blood to the head, spasms, fits, pain in the side, &c., and after taking a *quantity* of medicine, which frequently quite failed in its effect, she saw the advertisement in the paper, and sent for a packet; and after once taking the Ervalenta, the bowels acted. She has taken it now six weeks, and feels herself a different creature; but found it necessary to eat brown instead of white bread.

Signed, ANNA LYON.

Twyford, near Winchester; Aug. 11. 1844.

No. 12.

Constipation.—Most salutary effects of the Ervalenta.—Better health than for years before.

Messrs J. Youens and Co.—Gentlemen, I will thank you to send me, per

bearer, another packet of Ervalenta. At the same time I beg to bear my testimony to its most salutary effects. It has in my case realized all that the proprietor, Mr. Warton, promised. I have now taken about three packets: the constipation has completely yielded, and I am better in health than I have been for years. You are at free liberty to use this in any way you may think proper. I shall be most happy personally to ratify this statement to the incredulous. *Signed*, THOMAS BATES.
130 Whitechapel Road, (London;) Aug. 16 1844.

No. 13.

Good effects of Ervalenta on two persons.

Mr. Warton.—Sir, Your letter of the 5th inst. I duly received, and in reference to the request it contains, *viz.* to furnish you with the name and address of the physician who sanctioned my using your Ervalenta and Melasse, I regret it is not in my power to do so, and for the following reason. My physician, although he *did sanction the use* of those alimentary substances, *did not submit them to any medical analysis*; but allowed me to take them on the assurance of my having a friend (a most delicate person) who had derived benefit from them, and [seeing?] the subsequent improvement in my health, desired me to continue their use; and I feel that in the eminent medical position in which that gentleman is placed, he would be exceedingly scrupulous in affixing his name to any subject his judgment had not thoroughly investigated. I regret, Sir, at the same time my inability to forward your cause; and to find you are still subjected to the annoying jealousies of the narrow-minded.

In reply to your obliging inquiries after my health, I have for some time past relinquished taking the Ervalenta and Melasse; as, in consequence of getting into a weak state, I have been prescribed the use of metallic medicines, which I found overruled the good effects of those substances. I am now, thank God, much stronger, and hope shortly to resume the Ervalenta with renewed advantage.

Believe me, Sir, yours respectfully,
EMILY SEX.

Upper Clapton, (Middlesex;) September 22. 1844.

(See No. 46.)

No. 14 (see Nos. 9 and 10)

Wonderful effect of the Ervalenta.

Messrs. J. Youens and Co.—Gentlemen, You will accept my apology for neglect of your account. To-day I forward an order, which you will please to acknowledge.

I thank God that I ever heard of the Ervalenta; it has wrought such a *miracle* upon me. I wish the whole world of sufferers would only try it.

Yours faithfully, DAVID GUNTON.
Soham, near Cambridge; Dec. 20. 1844.

No. 15.

Much benefit derived from Ervalenta.

Messrs. J. Youens and Co.—Gentlemen, Having derived much benefit from the use of the Ervalenta, I will thank you to send me a packet as soon as possible. I have enclosed a post-office order for 1*l.* *Signed*, M. WALKER.

(?) Watchampton, Windborne, Dorset.

No. 16.

Ergalenta of very essential service.—It fulfils all that is promised for it.

Extract of a letter from Bath.

Messrs. J. Youens & Co.—Gentlemen, "The Ervalenta has been to me of very essential service. It has fulfilled all that is promised for it. By saying which, I do not mean that my health which was not robust, has become so, but that the functions of the stomach, which before proceeded with difficulty, have now regained their regularity, and in a great degree, though not yet perfectly, what would be called, I believe, their normal state."

No. 17.

From John Stuart Forbes, Esq.

Constipation.—The Ervalenta effects what no medicine had been able to do.

Mr. Warton.—Sir, The lady cannot take more than one ounce (of Ervalenta) at a time, but it has produced the regular disposition after breakfast, which no medicine had, hitherto been able to procure.—The motions, however, are still neither easy nor free. I anticipate much good if a really normal condition of the bowels can be attained.

Signed, JOHN STUART FORBES.
Eastbourne, Sussex; Jan. 2. 1845.

No. 18.

Great benefit derived from Ervalenta.

Messrs. J. Youens & Co.—Gentlemen, Mr. Beddoes's son has derived great benefit from taking the Ervalenta he got from your House. Please to forward me, per railway, a packet.—Address Mr. W. Lankester, Bank, Bewdley.

Bewdley, January 12. 1845.

No. 19.

From Mrs. Turner.

Constipation of thirty years.

Mr. Warton.—Sir, I have been using your valuable Ervalenta for four months, and feel much benefited by it; and had I used the Melasse all the time, I *think* my bowels would have been comfortable; but I have had only one bottle: now I mean to use it regularly; and, after a thirty years' (!) constipation, I *hope* for a cure; and most grateful shall I be to you if this should be effected.

Signed, MARIANNE TURNER.

At Mrs. Sheldon's, Upper Clapton,
(London;) Feb. 11. 1845.

(See also Nos. 22 et 27.)

No. 20.

Ervalenta successful from the first day.

Messrs. J. Youens & Co.—Gentlemen, I have the satisfaction to inform you that I have now used the Ervalenta for nearly a fortnight, and it has been successful from the very first day, and never failed.

I have for twenty years taken pills every night, and shall consider it a great deliverance to obtain exemption from such bondage. Have the goodness to forward another packet of Ervalenta, and a bottle of the Cochin-Chinese (Warton's) Melasse per first Steamer.

Yours truly, W. MERCER.

Edinburgh, Feb. 27. 1845.

No. 21.

Much relief obtained from Ervalenta.

Messrs. J. Youens & Co.—Gentlemen, Enclosed is a sovereign. I will thank you to forward me a packet of the Ervalenta, per railway, on Monday next. I have a *young lady now using this farina*: she has *been a sad sufferer for the last two years*:

she finds herself much relieved by it, and is determined to continue its use.

Signed, CHARLOTTE SMITH.

9 Cleveland Place West, Walcot,
Bath; March 7. 1845.

(See also No. 33.)

No. 56: see p. xviii.

Constipation.

Messrs. J. Youens and Co.—Gentlemen, I was in London about a month ago, and bought a packet of Ervalenta and a bottle of Melasse (which you sent to my nephew's, 41 Lime Street), and have found them do me good, they having in a great measure removed my complaint of constipation of the bowels. Please to send on Friday next, by the Prince of Wales steam-boat, one packet of Ervalenta. The person who takes it will be paid for it by the steward.

Signed, ROBERT RYBOT.

Margate, May 28. 1845.

No. 22. (see No. 19).

(Constipation of thirty years.—Chronic inflammatory action.)

Mr. Warton.—Sir, I consider it an especial mercy having met with your excellent farina; and to you I feel most grateful for improved health. Having for years past suffered from chronic inflammatory action in some part of my body, I now feel generally cool and comfortable, and most days the bowels are moved so as not to require medicine; and, as you very truly say in your book, no one can appreciate this blessing but those who have been sufferers for years: still the bowels are not moved easily or freely yet; but having proved your statements to be the truth, I live in hope, that by patient perseverance I may be entirely restored. I am much laughed at, but I know my own feelings best, and do not regard it. I have recommended the farina to many.

Signed, MARIANNE TURNER.

Upper Clapton [see No. 19], March 28. 1845.

(See also No. 27.)

No. 23.

Two Cases.

Disordered stomach and bowels during several years, causing great pain in the chest and right side, with giddiness, dimness of sight,

constipation almost at all times; fail-
appetite, and sleepless nights. pro-
greed debility and wasting of the
flesh.—Effects of the Ervalenta.—
a friend similarly, but more severely,
l.

Normanby, April 2. 1845.

received your letter yesterday,
e taken an early opportunity of
ig it, according to your request.
I be extremely sorry if any mea-
re taken to prevent the impor-
to this country of your very va-
Ervalenta; for I am thoroughly
ed that nothing but prejudice, or
ance of the beneficial effects arin-
so simple a remedy, can stand
ay of its being used to a very
rable extent in this country.

an to use your Ervalenta in Octo-
t, and have continued taking it
ly twice a day up to the present
t; and it is my intention to per-
in the use of it for some time
the benefit I have received from
it will be a sufficient inducement
not only to continue its use myself,
o to recommend it to any of my
who may be similarly afflicted.

ve been affected for several years,
sordered stomach and bowels cau-
eat pain in my chest and right
vith giddiness, dimness of sight,
constipation almost at all times;
etite failed me, and I had sleep-
ghts, which produced great debi-
d wasting of the muscular flesh.
all sorts of remedies recommended
dical men of the first eminence,
ithout any *permanent* benefit; the
aint invariably returning again,
er careful I might be as to diet.
ill now state to you the effects of
edy : the giddiness and pain in
ad are *quite gone*, the other sym-
of disorder are much relieved, and
k will eventually quite disappear.
e gained muscular strength so that
take a good deal of exercise,
on foot or on horseback, without
tigue. The pills and other aperient
ines which I was in the habit of
; almost daily, I have now discon-
l or nearly so.

ecommended your Ervalenta to a
in the city of Lincoln who was
rily, but more severely afflicted than
f : he has also received great bene-
the accession of strength and in-
crease of his ailments.

u are quite at liberty to use any
of this statement in any way you

think proper; and if any further commu-
nication from me connected with my own
case can be in any manner available to
your advantage, I shall have great plea-
sure in attending to your request.

I remain, Sir, yours most respectfully,

JOHN LYON.

(Post Office, Spittal, Lincolnshire.)

(See also No. 108.)

No. 24.

Constipation of eight or ten years : (see No. 47.)

Messrs. Youens & Co.—Gentlemen,
I beg to enclose a Post Office order for
1l. 15s., and will thank you to forward
me two packets of Ervalenta at your
convenience.

I have been taking it twice a day for
the last eighteen days. I received much
benefit at first, but for the last week I
have suffered from constipation : my
confidence in the remedy, however, re-
mains unabated.

Signed, RICHARD SEILWOOD

25 Phoenix Street, Dublin; April 3. 1845.

(See No. 47.)

No. 25.

*Testimonial of Mr. F. of Pimlico, in
the County of Middlesex.*

Dreadful complication of disorders during at
least twenty-seven years.—During twelve
or fifteen years, the aid of the most eminent
medical men obtained without any satis-
factory result.—Alleged faults of the rec-
tum and colon : the case pronounced incur-
rable.—Pronounced also to be severe hypo-
chondria.—Advantages derived from the use
of Ervalenta.

Being able to give conclusive evidence,
as it appears to me, of the utility of the
Ervalenta exported by Mr. Warton of
Paris into this country, I unhesitatingly
come forward to submit the following
details to the perusal and consideration,
not only of all who may suffer from
causes in any way similar to those from
which I have suffered, but also of all
who are capable of commiserating with
those of their fellow-creatures whose
destiny it has been so to suffer.

I have been afflicted for about twenty-
seven years. About the year 1818 I
had the misfortune to fall into a river.
Being taken out, I was advised to sit on
the vessel in the sun, to dry myself. Some
time after a violent shivering came on,
when I left the vessel and walked home
about four miles. This accident was fol-
lowed by severe inflammation of the in-

testinal canal; and, as many days intervened before my inside was relieved by evacuation of the bowels, this circumstance nearly cost me my life.

From that period till about the end of the year 1844, I suffered from a complication of disorders.

During the last twelve or fifteen years, I have not simply had the best advice, but have also been under the most eminent medical talents of this kingdom; for they have constantly been men of this class who have attended and prescribed for me, both in and out of the hospitals.

One, an eminent surgeon in the City of London, asserted that my complaint was caused by a stricture in the rectum (lower bowel); also that the colon had lost all sensibility, and did not contract. He passed several bougies, and endeavoured in every way to reduce the colon, and likewise to emulge the liver. After having employed these and every other means which he judged might offer any chance whatever of success, he affirmed that my disorder was of so complicated a nature, that it was not in the power of any medical man to cure me; and that, as regarded the colon, it would some day burst.—A physician of Guy's hospital pronounced my case to be severe hypochondriasis, and ordered my discharge.

I could mention many of the profession, if it would be of any utility, to demonstrate that the various methods pursued by Drs. Abernethy, Birkbeck, Paris, &c., so far from being curative in my case,—one of simple constipation (as will presently appear),—were of a *deteriorating* nature!

In general, the means destined by the profession to operate my cure were constant blistering and cupping, together with the use of purgatives. These means all failing, I was induced to use the enema, otherwise called lavement or injection. This method I employed until it entirely lost its effects; the bowel ceased to respond, and the injected fluid to return, at the same time that the colon became of a frightful size; although the only cause was constipation. Twice have I dropped, and been taken up as dead.

About the month of November 1844, I saw in the *Times* Mr. Warton's advertisement. After the perusal of the Treatise announced, I procured a packet of *Ervalenta*, and in making use of it carefully observed the instructions accom-

panying it. At the end of the fourth day, without any assistance whatever, the bowels evacuated themselves, and with few exceptions, have continued to do so during five months, daily, sometimes twice a day, and occasionally even three times.

That this result, obtained from the use of *Ervalenta* alone, (and which all the means that physicians during so many years of my suffering had prescribed, had never succeeded in producing,) has been followed by other inappreciable benefits, will appear from the evidence afforded by the following facts:—I, who, previously to making use of that farina was like a dead man in appearance, am now quite robust:—I, who before using *Ervalenta*, could but seldom eat beef, and never cabbage greens, (or, if perchance I did, they remained in the digestive organs for days, and were at length obliged to be carried off by medicine,) can now eat beef as well boiled as roasted, cabbage, cabbage greens, and other vegetables, without the least inconvenience.

Although I have derived from the use of the *Ervalenta* benefits of so signal a nature, yet, inasmuch as I suffer most mornings from a violent headache until, before rising, I have taken a cup of tea, I cannot affirm that I am entirely cured. Probably my cure would by this time have been complete, if I had made use of Mr. Warton's Melasse. I would have done so, but the expenses I have borne, in order to procure the assistance of the medical profession, have been so extremely disproportionate to my means, that I have not been able to purchase that auxiliary. It is just also to observe further, that, my profession being exceedingly sedentary, my cure by means of *Ervalenta* encounters much greater difficulty than it would if I had time to take considerable exercise.

April 4. 1845.

No. 26.

Inveterate Constipation.

Mr. Warton.—Sir, In reply to yours of the 3^d inst respecting the *Ervalenta*, I have been taking it since June last, and have several times written to your agent in London, telling him that, as soon as I leave off that farina, constipation returns.

I am 38 years of age, and have always

been subject to constipation, and obliged to have recourse to purgatives. I am still taking the Ervalenta, as I wish to give it a fair trial: also the prunes and Melasse.

Signed, F. FRANKLIN.

High Street, Exeter; April 6. 1845.

(See also No. 54.)

No. 27. (see Nos. 19 and 22).

Constipation during 30 years: great sufferings at times: piles: inflammation of the bladder: gravel: indigestion: seldom feeling well or comfortable: headache: extreme debilitation.—Remarkable effects of the Ervalenta.—The patient feels quite a different creature.—Remarkably diminished susceptibility of cold.

Mr. Warton.—Sir, I hasten to reply to your letter received on Saturday the 5th, and most willingly and gratefully do I bear testimony to the valuable properties of the Ervalenta and Melasse. I have suffered from constipated bowels for 30 years, and have not for many years previous to using the Ervalenta had a natural motion: my sufferings were often very great, and in consequence of this painful habit, I had piles to a considerable extent, inflammation of the bladder, gravel, indigestion, and headaches; scarcely ever feeling well or comfortable, and being obliged to take aperient medicines constantly, and occasionally to use injections (*enemata*). I was often so extremely debilitated that it was with difficulty I could walk at all. I was attracted by the title of your book, bought it, and read with interest of a simple, harmless remedy which was to cure constipation: I determined to try it, and not speak of it until I was quite sure that I was benefited, because my friends might laugh, and call it *quackery*! I have now used it as a part of my daily food for six months: during that time I have only taken two very small doses of physic, and used one injection, and my bowels have been moved naturally almost every day! All my complaints have left me gradually, and I feel quite a different creature, being well and active, and have pleasure in being so; but I should indeed be distressed if I were deprived of the Ervalenta and Melasse; because, though I am in a state of progressive amelioration, I do not consider the constipation so far cured as that I could do without Ervalenta &c. This farina is in my opinion

a simple, wholesome breakfast: it suits me better than any thing else, and I like it better. I have been less susceptible of cold during the last severe winter than during any I remember for twenty years! I have just sent various quantities of Ervalenta to three several friends, but have not yet heard the effects. In five days after taking the Ervalenta, I felt the better for it. I shall always be happy to speak the truth about Ervalenta, that I believe it to be harmless, simple, excellent, and *invaluable* for regulating the bowels.

I remain, Sir, yours truly obliged,
MARIANNE TURNER.

Upper Clapton [see No. 19], April 7. 1845.

No. 28.

Habitual Constipation.

Messrs. J. Youens and Co.—Gentlemen, I enclose you the balance for the packet of Ervalenta sent me last week. Since I commenced with it, I am surely much relieved from my constipated habits.

Signed, JOHN BOURNE.
 Hood Street, Newcastle-upon-Tyne;
 April 8. 1845.

No. 29.

Continued Constipation.—The Ervalenta answers its purpose.—Health much improved.

Mr. Warton.—Sir, I have much pleasure in stating that after I had received from your Agent in Ludgate Hill, and used, 4 packets of the Ervalenta, I found my health much improved. I had been suffering severely from continued constipation in the bowels, never getting relief except by means of strong purgatives. I consider the Ervalenta to have answered with me all the purposes intended; and I still continue to use it, and shall have great pleasure in recommending it in cases similar to my own.

Signed, W. WETHEREL.
 King's Lynn, Norfolk; April 14. 1845.

No. 30.

Constipation of more than 20 years standing: flatulency: spasms.—State when the Ervalenta was commenced.—Effects of that farina.

Mr. Warton.—Sir, In addition to my daughter's testimony to the good effects to be derived from the use of your Ex-

valenta and Melasse, allow me to add my own.

I have been afflicted with a constipated habit of body for upwards of 20 years, and for the last 12 have been obliged to have constant recourse to aperients; but from these I have in all cases found only present relief; and in a few days they have left me in a weaker and worse state than before I had recourse to medicine. In this manner I have dragged through many years of misery, which of late has been heightened by the constant use of purgatives. These have produced great flatulency on the chest, which has frequently terminated in strong spasms. In this state, about six weeks since, the addition of a very severe cold had so prostrated my frame and system, that when my family medical adviser was called in to attend me, he seemed much alarmed, and at a loss how to treat my case, as I refused to allow him to send me any more aperients, unless he could send such as would not leave me as in former instances; which from his manner it was evident he could not do.

It was then that Mrs. Hillman and my daughter prevailed on me to try your Ervalenta and Melasse. The first favourable symptom I felt, was the dispersion of the wind on my chest; and in the course of a fortnight this was entirely removed. During that time I strictly adhered to your instructions, but was occasionally obliged to have recourse to injections, preferring this mode of relief to aperients. I am happy to add that my own feelings, in a very short time after this, convinced me that the Ervalenta and Melasse would eventually effect all that I could desire and wish; and it is with gratitude to yourself, that I have been for this last week, with the blessing of God, as regular as I could wish, and that I find my health gradually returning.

To the foregoing I shall at all times be happy to bear testimony, and shall feel it my duty, in case any attempt be made to prevent the Ervalenta and Melasse from being imported into this kingdom, to enter my protest against such proceedings; believing, as I do, that they are and will be necessary to my existence.

I am, Sir, your most obedient servant,

OLIVER HILLMAN.

Marine Hotel, Worthing; April 15. 1845.

No. 31.

From a Lady.

Constipation during very many years.—Use of medicine superseded by Ervalenta.—Health decidedly improved.—Agreeableness of the meals made on that substance.

Mr. Warton.—Sir, You will be happy to learn that since taking the Ervalenta and Melasse, and strictly attending to your instructions, my general health has decidedly improved, and I have been able to dispense altogether with the use of medicine, which before, for very many years, I had been in daily need of.

Although the time is yet too short to effect the cure of a complaint of long standing, having already experienced great relief in the short space of three months, I confidently hope, by continuing to use your farina, to obtain the happiest results.

Trusting that you will be allowed to continue to furnish myself and all who require it with so pleasant a breakfast and supper, and sincerely wishing you every success,

I remain, Sir,

Yours obediently, L., T.

Bayswater, London; April 15. 1845.

No. 32.

Different cases.

From F. M. Montgomerie, Esq.

Habitual Constipation.—Reference to a physician.

Mr Warton —Sir, In reply to your note of the 12th inst., I beg to inform you that, though I have had several packets of Ervalenta sent from Messrs. Youens and Co., they were not intended for my own individual use. I can state for your satisfaction, however, that the parties for whose use I procured the Ervalenta have derived great benefit from it, in cases of inveterate and habitual constipation: in the most obstinate case, however, it has not been found practicable as yet to dispense altogether with aperient medicines, but as no Melasse has been employed, and the general dietetic regulations laid down in your book, except as far as taking prunes once a day, have not been complied with, a more complete result could not perhaps be fairly expected. I may also add that a physician, a man of considerable scientific attainments, to whom I mentioned the Ervalenta and lent your book, has prescribed the use of that farina to a

patient of his for the relief of obstinate constipation, and it has had the desired effect, though taken only once a day. I am authorized to mention his name in answer to any private individual's inquiry, but not otherwise.

Being persuaded of the efficacy and innocuous qualities of your preparation, I consider it a duty to recommend it to such of my acquaintance as are sufferers *within my own circle*; but we have so great a repugnance in England to let our names appear *publicly* in connection with discussions of this kind, that you must not expect to receive detailed testimonials here, such as have been tendered to you in France.

With regard to the proceedings with which you say you are threatened, I am at a loss to understand on what grounds the sale of the Ervalenta can be prohibited in this country, provided you have complied with the requisite formalities; nor can I suppose that the more respectable among the apothecaries would lend themselves to so illiberal and oppressive a proceeding; but should the attempt be made, I have little doubt that the justice of your cause, and the interests of the invalid portion of the community will prevail, and that the attempt will be signally defeated.

I am, Sir, your obedient servant,
FRED. M. MONTGOMERIE.

Hastings, April 17. 1845.

No. 33 (see No. 21).

Severel Cases.

Stricture * of the rectum (lower bowel) during thirty years.—No benefit obtained from medicine or medical treatment.—The greatest agony accompanying every evacuation of the bowels.—Forced renunciation of almost every article of diet.—Sleeplessness.—Most painful flatulence.—Pain in the chest during digestion.—Pains in the head, stomach, and limbs.—Distressing languor.—The lady sixty years of age.—Ergalenta tried: found to be very palatable.—The digestion of it proves easy.—The sleep is improved.—The flatulence, the pains in the head, stomach, and limbs, together with the distressing languor, disappears; and the lady is restored to comparative health.—Several friends use Ergalenta, the result being in every case satisfactory.—A young lady, who was afflicted with inveterate constipation, headache, a complaint of the spine, indigestion, sleeplessness, etc., is perfectly cured in about two months.—Good effects of the Ergalenta in a case of inflammation of the stomach:—the Ergalenta remained on that organ, when even a little gruel could not be borne.

* Closure by contraction.

Mr. Warton.—Sir, In answer to your request respecting the Ervalenta, I have to state, that I owe my present comfortable portion of health entirely to its use.

I had, or rather *have*, been afflicted with stricture in the lower bowel for the last thirty years, and I may truly say that I never received the least benefit for this complaint either from medicine or from medical treatment. The latter, indeed, I was forced to give up many years since on account of the expense; the former my affliction obliged me daily to have recourse to, till at last my bowels became so irritable that I could not have the least use of them without the greatest agony, and my stomach so debilitated that I was obliged to give up one by one almost every article of food. If I ventured to eat the most simple dinner, I was sure to pass a sleepless night, worried by the most painful flatulence, with pains in the limbs, particularly the knees and feet.

Such was my state when I commenced using your Ergalenta. I had no hope of deriving much benefit from it, but as I could eat nothing without suffering pains in my chest afterwards, I thought, that as it was a light substance, I might suffer less pain from its digestion. Milk being always too heavy for my stomach, I made it at first with water only, adding a little butter and sugar. I was surprised to find it of a more agreeable flavour than any other farinaceous food I had ever tasted, and that the digestion of it caused me no pain, but merely a slight inconvenience for a few minutes. I persevered in its use twice a day, and found that the oftener I took it, the better I liked it. When I had lived on it for about a week, I noticed that I slept better; and, if I woke, that I passed the night with a tranquil feeling which I had not enjoyed for years before: this circumstance encouraged me to proceed in the use of the Ergalenta.

By degrees the flatulence, and the pains in my head, stomach, and limbs, disappeared one by one. I am now in the enjoyment of tolerable health; I can follow my usual occupations of reading, writing, working, &c., free from that distressing languor that used to oppress me. I seldom have occasion to take medicine, though my original complaint has not left me entirely, nor can I expect that it ever should: I am now nearly sixty years of age, and have had the

disorder long enough for it to become *permanent*: had this not been the case, I make no doubt that the disease, cruel as it is, would have yielded to the ameliorating effects of Ervalenta.

Several friends have made application to me for this farina, and in every case the result has been satisfactory. I have just cured a young lady, the daughter of a clergyman: she had been afflicted for years with constipation, headache, complaint in the spine, indigestion, sleepless nights, &c. She has used the Ervalenta with water only for about two months, and is perfectly cured. I am not authorized to give her name: if I get permission to do so, I will write to you again, should you think it would be of use.

I should be much grieved, should any thing occur to prevent the sale of this salutary food; nor can I think that its enemies will ever prevail against you. The more it is known, the more, I am convinced, it will be esteemed. Indeed I consider it to have almost the effect of a charm in relieving the evils occasioned by indigestion. I wish it were in my power to be of greater service to you, but as far as I can, I shall ever be ready to give you any information that is likely to be of advantage to you. If the Ervalenta should unfortunately be suppressed, I should consider it as a great misfortune to the invalid public.

Wishing you every success,

I remain, Sir, yours most truly,
(CHARLOTTE SMITH.)

9 Cleveland Place West, (Walcot.)
Bath; April 18. 1845.

P. S.—I have seen the good effects (of this farina) in one case of inflammation of the stomach when no food, not even a little gruel, would remain on the stomach:—a few tea-spoonfuls of Ervalenta could be taken occasionally, and did not return.

You are welcome to make any use you please of my letter.

No. 34.

Indigestion.—Great debility.—Necessity of often resorting to purgatives.—Their effect only temporary.—Effects of the Ervalenta.—This farina both palatable and nourishing.

Heath Glass Works, Stourbridge, Worcestershire; April 21. 1845.

Mr. Warton.—Sir, I have this day received your letter addressed to Mr. Greatbatch, Farringdon street, London, who was only the purchaser of the Ervalenta

to send it to the above place to me. I have very great pleasure in giving you without delay the necessary answers to your inquiries.

My case was indigestion and great debility, caused, I apprehend, by excessive application to business for many years: hence, I suppose, the above results; which obliged me for some years to resort often to purgative medicines to relieve the system; an effect which was only temporary, as the previous state immediately returned. I tried for a considerable time several kinds of purgatives which were highly recommended in this country; but, although I pursued a regular system of diet &c., the complaint was neither removed nor alleviated. About the month of September last, my attention was drawn to an advertisement in the Times newspaper of the virtues of your Ervalenta. I resolved to give it a trial, but I first bought your book and read its arguments carefully, and the result was a determination to try it. I sent for a packet from London, and adhered to the directions; and I am happy to say that in nine days I found relief. I have continued partaking of it to the present time with very great success. My general health is very much improved. I have motions regularly and daily; and, since I have made use of this farina, I have had no occasion to take purgative medicines of any kind, and I can now go through my business with ease and pleasure. For the relief I have experienced, I beg to return you my most grateful thanks. As an article of diet, I am fond of the Ervalenta; I would rather have it than any other for breakfast; I consider it very palatable and nourishing; consequently I should much regret and greatly deplore that any measure should be successful that would prevent its being obtained in this country.

I am, Sir, your most obedient servant,
W. WALKER.

No. 35.

Two Cases.

1. Constipation.—2. Liver complaint and occasional constipation.

Mr. Warton.—Sir, Having understood that some measures are being taken to prevent the Ervalenta from being sold in England (a thing I should be very sorry

for), I beg to say that, as far as my experience has gone to prove, it has been a great benefit to me. I have only used the Ervalenta, and not the Melasse at all. I had seen a publication respecting the Ervalenta and resolved to try it for constipation of the bowels, as I was quite tired of taking purgative medicines. It has not at all times been convenient for me to have that farina, or I never would be without it; and I think I should not be tired of it, for two meals a day. I used it morning and night, boiled in milk. I took it four or five days before it had the effect, and I am satisfied, if I were to continue it regularly, I should have no occasion for purgative medicines. I have used four packets of Ervalenta, and am just about to send for another.

A friend of mine informs me that he has received great benefit from the use of the Ervalenta: he took it for a liver complaint and occasional constipation.

Hoping our English authorities may use as much wisdom as those in France, I remain, Sir,

Your most obedient servant,
STEPHEN MONGOR.

Ramagato, April 22. 1845.

No. 36.

Effect of Ervalenta in regulating the bowels of a person subject to epilepsy.

Mr. Warton.—Sir, In reply to yours of the 15th instant, I am sorry that I cannot be of more service to you. I took only one packet of Ervalenta; so that all I can say is that, having of late years been subject to epilepsy, which arose, as I was informed, principally from a disordered stomach, and having been for years rather costive, I was induced to try this farina, which I believe has been the means of bringing my stomach and bowels into more regular habits, whereas I frequently went two days and sometimes longer without visiting the closet. I now visit it regularly once in 24 hours. I have not had a fit since the 4th of January, but this time is not longer than has generally elapsed between my fits. I took the Ervalenta twice a day regularly for about three weeks; and here I should observe that I never felt any inconvenience from going that length of time (two days), but took the farina, merely to see what effect it might have, and it appears to have well regulated the bowels.

My general health is exceedingly good, and ever has been. I certainly never

experienced so gradual and marked a change from taking purgatives.

I remain, Sir, yours most obediently,
JOHN SPEARING.

35 Mayhill Street, Brighton; April 22. 1845.

No. 37.

Constipation.—Ergvalenta as a remedy.

Lady A. cannot consent that her name and case should appear in a newspaper or public print of any kind. She has however no objection to inform Mr. Warton that for years she has laboured under a confined state of bowels and has derived considerable benefit from the Ervalenta taken as directed by the book of instructions forwarded with the parcel containing the farina. Lady A. has not taken any Melasse with it.

April 23. 1845.

No. 38.

From the Rev. Mr. Filleul.

Great benefit derived from Ervalenta.

Mr. Filleul will be obliged to Mr. Youens if he will send him by the first opportunity another packet of Ervalenta; for which he incloses a post-office order for the usual amount, 17s. 4d.

St. Peter's, Jersey; April 25. 1845.

P.S. I cannot get the post-office order to-day; but it will go in a few days. I am anxious, however, to have the Ervalenta without delay, as I am without any, and find great benefit from it.

No. 39.

(A.) Ervalenta beneficial.

Messrs. J. Youens & Co.—Gentlemen, Will you have the goodness to forward at an early opportunity, per Great Western Railway, two boxes of Warton's Ervalenta; an article that I have found beneficial to my health. I enclose a Post-office order for 34s. 8d.

Signed, THOS. R. FREY.

6 Clarence Place, Kingsdown, Bristol.

Later, Mr. Frey favoured us with the following more ample details.

(B.) Constipation of fifteen years.

Ergvalenta a balm and remedy for constipation.—Drugs increase this disease, and destroy the vigour of the stomach.—The Ervalenta an innocent remedy.—It tends even to cure the injury which the long continued use of purgatives has caused.—It is an agreeable food.—The writer has been able to dispense with the enema.

and all drastic medicines.—His almost ruined constitution has progressively improved during the six months he has made use of Ervalenta.

Mr. Warton.—Sir, Although it is inconvenient to me to use my pen at the present time, I think it a duty, and due to yourself, to express the advantageous results which it has been my happiness to experience in the use of the farinaceous powder which you term Ervalenta.

I esteem Ervalenta as a gently laxative and *perfectly harmless* farina: it is a substance of great value to the invalid, but more particularly is it useful to that very numerous class of sufferers who are compelled to have recourse to aperients and to drastic medicines to obtain relief from constipation. Society ought to acknowledge the benefit which your discovery has conferred upon many; society owes you a debt of gratitude, because you have supplied her with a balm and remedy for a disorder *almost incurable*, — for a disorder torturing to the body, and destructive to the health.

There are *few available antidotes* for the disease of constipation. The usual remedies (drugs) increase the disease, and destroy the vigour of the stomach. This of yours is the best and the only *innocent remedy* for constipation I have ever met with. It has a tendency to heal the coats of the stomach, and allay the irritability occasioned by the long continued and pernicious use of purgatives.

For the period of fifteen years I have been troubled with this complaint, and during all that time my bowels were seldom relieved without resorting to artificial means. Many of these remedies to which I resorted were injurious in their consequences, and I think one of the great advantages *peculiar to Ervalenta* is, that it is so mild in its operation: it is at once both an agreeable aliment and a comfortable and healing medicine, just as harmless as so much flour. But it is not so nutritious as flour: I wish it were. Its laxative quality constitutes its chiefest excellence, and its safety and mild action are the next qualities that make it useful to the weak and infirm.

Since I have used this article, I have been enabled to put aside the enema (injection), as also all tormenting and violent medicines; so that my almost ruined constitution is slowly recruiting again. For this I thank Almighty God, and,

next to God, I feel indebted to you; and it becomes a poor afflicted mortal to state thus much, and to speak the truth; for it is no other than the truth.

It is to be regretted that your remedy is so expensive.

My inside is so weak that I cannot take the Ervalenta more than *once a day*. If I use it twice a day, the milk oppresses my stomach and makes me yellow and bilious.* But so useful is this substance to me, that I am able to regulate my bowels by using it only once, that is, *a large basin of it for my supper*.

I use no Melasse, but am obliged to take prunes occasionally in the day, as I do the basin of Ervalenta at night; and to rise at five or half past five.

If I attend to these particulars, I do pretty well; and I then eat what I like best. For my dinner I prefer vegetable diet, with light puddings, to meat. Yet I use a little meat. But I am no rule for others, because my inside is so excessively weak, and so much injured, that I can digest very little of any thing, and that little must be nutritious and light.

I have, dear Sir, in conclusion, to repeat my humble opinion and testimony respecting your Ervalenta, that it is a boon to society, and I believe it to be the mildest and the most innocent remedy yet known to obviate the miseries of constipation of the bowels, and to restore those organs to a regular and comfortable action.

In return for the advantage which your useful discovery has conferred upon me, I have the pleasure to wish you a benefit and a gift yet more precious and enduring. You have administered to the comfort and to the health of my body, and have been of service to your fellow-creatures,—so far as extends to this transitory and earthly existence: most cordially do I wish you a recompense, dear Sir,—not only in the internal satisfaction of mind which you will experience;—but may it please God to confer upon you more abundantly His grace unto peace and joy by the Holy Spirit;—that by the comprehension of the faith, you may enjoy remission and health of the inward man,—that with all that are accounted worthy, you may attain the

* We now recommend (as the reader will see in the new Edition of the Instructions) Ervalenta prepared with Water alone in cases where it suits better.

fair gift of eternal life, and the felicity of the world to come.

Wishing you every success, I remain, Sir, very sincerely yours,

THOS. R. FREY.

6 Clarence Place, Kingsdown, Bristol;
April 28. 1845.

P. S. I forgot to mention that I have made use of the Ervalenta about six months, during which time my health has progressively improved.

No. 40.

From Major Henderson, K. H.

Severe Constipation.—Good effect of Ervalenta both in the usual way and in *biscuits*.—General health much improved by the regularity of the bowels.

Mr. Warton.—Sir, In answer to your circular received this day, I beg to say that I derived considerable benefit from your Ervalenta, which I took for nearly two months, in a case of very severe constipation. After that period I left off taking it, from a severe cold and cough that distressed me nearly all the winter. When better, I again resumed it; but feeling a kind of nausea at each meal, I had the flour which remained made into a quantity of very thin biscuits, seasoned with a little sugar and ginger, and found two or three of those biscuits act most favourably on my bowels; indeed in case I require more Ervalenta, I shall always use it as I have it now prepared. [*Compare No. 98.*]

Should this testimony be of any use to you, I shall feel gratified, as my general health has much improved by the regularity of my bowels.

I am, Sir, your obedient servant,

T. W. HENDERSON, K. H.,
16 Gerrard Street, Soho, London;
April 28. 1845.

N. B.—I had suffered so long from constipation that lavements (injections) and opening medicines only relieved for the moment. I am now as well and regular as I can expect at my time of life.

No. 41.

The Ervalenta answers its intended purpose.

Mr. Warton.—Sir, In reply to your circular, I beg to say with reference to the Ervalenta, that I used three packets of it, and found it answer the intended purpose. My case not requiring its con-

tinued use, I have not taken any for three or four months, but should I find it necessary, I should adopt it again without hesitation.

Wishing you success to overcome the difficulties that oppose you,

I am, Sir, yours faithfully,

T. TUCKER.

269. Strand, London, April 28. 1845.

No. 42.

Acidity of the stomach.—Ergalenta an agreeable food.

Mr. Warton.—Sir, Having used Ervalenta but a few days as a remedy against bile and constipation, I am not yet prepared to vouch for its merits beyond this, that it certainly relieved me from acidity of the stomach. I find it a very agreeable food, and, but for the expense of carriage from London here, cheap. I recommend you to have an agent for the sale of it in Dublin without loss of time. It is my intention to continue the use of it.

I am, Sir, your obedient servant,
THOMAS BOURNE.

Dundalk, Ireland; April 29. 1845.

No. 43.

From Captain J. Ralston.

Chronic affection of the liver and chest, accompanied with irregular digestion and action of the bowels.—Effects of the Ervalenta.

Mr. Warton.—I beg leave to state that I have long suffered from an affection of the liver and chest, accompanied with irregular digestion and action of the bowels, and that I have on two occasions resorted to the use of your Ervalenta with decided benefit. I use it every morning at breakfast and find myself relieved from the necessity of using purgative medicines. I have no hesitation therefore in bearing testimony to the benefit of the Ervalenta so far as my case is concerned, and I wish you success in baffling all attempts to put a stop to the sale of it.

I am, Sir, your most obedient servant,
J. RALSTON.

Brighton, April 29. 1845.

No. 44.

From R. Harpur, Esq.

Occasional stomach derangement and constipation.—Utility and harmlessness of the Ervalenta.

Sir, Being troubled with occasional stomach derangement, which induces a costive habit of body, I was led to try your Ervalenta as a remedy. After using it for four or five days in the first instance, I found my daily evacuation increased in quantity, and the Ervalenta so far serviceable; but, not having been seriously indisposed, I cannot speak of its efficacy in removing disease. I always like to keep this aliment in the house; and when disposed to costiveness, I use it for breakfast for ten days or a fortnight. I believe it to be perfectly harmless in its mode of operation, and free from any injurious properties. The Melasse I never tried.

I have the honour to remain, Sir,
Your obedient humble servant,
H. R. HARPUR.

Coton. Nuneaton, near Coventry;
April 30. 1845.

No. 45.

Nervous Irritation from Bad Digestion.—Ergalenta useful.—It agrees well with the patient.

Sir, I am afraid my testimony will not be of much use to you, but, according to your wish, I will state what my complaint was before I began with your Ergalenta. I had medical advice for nearly two months: the doctors called it a nervous irritation from bad digestion. It brought me down very low, but I perceived they could do nothing for me but keep the bowels in as good order as they were able by purgative medicine; and as I was getting better, as I hoped, I was very wishful to leave off their medicine; but their advice was, if I left it off, I was to be very attentive to my diet and to the state of the bowels, and not on any account let them be costive. I had some time before heard of your Ergalenta, and I thought, if it was what it professed to be, it was just what I wanted. I sent therefore for a packet, and though I cannot say it has been the means of the cure in me, I believe it has been the means of keeping me better. I took it for breakfast and supper. I like it, and it agreed with me very much, and generally answered the purpose for which I sent for it; but if I should want it again, I should like to have the Melasse with it. I hope you may not be prevented from sending it to England; for in many cases I believe it will do a great deal of good. I should not like to have my

name appear in print; but I hope you may overcome these sort of enemies.

Yours respectfully, CATHERINE S.
Leicester, April 30. 1845.

No. 46 (see No. 13).

Two Cases.

Inveterate Constipation. — Ergalenta and Warton's Melasse taken with the permission, and continued at the desire, of an eminent physician.—its effects.—Case of a friend.

Mr. Warton.—Sir, I beg to acknowledge your communication of the 26th instant, and, in reply, to state most frankly the benefit I have derived from taking your Ergalenta and Melasse.

I commenced taking them seven months since, at the instance of a friend who had derived considerable advantage from the former.

My health at that time was extremely delicate, as I was becoming convalescent from a severe attack of chronic inflammation of the liver. The greater part of my life I have been troubled with constipation; and during the illness of several months to which I have alluded, I never obtained relief without the aid of purgatives, or other artificial means. In this particular I derived immediate benefit from those alimentary substances, and am thankful to say they do not lose their efficacy.

I obtained permission to take them of my physician, *one of the most eminent of English practice, and continue their use by his desire.*

Sir, I deeply regret that any measure should be in contemplation to prevent the importation of so valuable a remedy;—a blessing which Providence appears to have placed in your hands for the relief of your afflicted fellow-creatures. For my own part I should consider the inability to procure your farina a "*great misfortune*", which I trust the Great Disposer of all events may think fit to avert.

I am, Sir, yours most obliged,
EMILY SEX.

Upper Clapton, Middlesex; April 30. 1845.

No. 47 (see No. 24.)

Constipation of 8 or 10 years.—Considerable benefit derived from the Ergalenta. but the disorder occasionally returns. — Explanation.

Mr. Warton.—Sir, I beg to state that I have used the Ergalenta twice daily

on the 15th of March last, and that I have received considerable benefit from it.

I have been subject to constipation eight or ten years.

Since I commenced the use of Ervalenta I have had on three occasions a remission of the disorder, for several days at a time; but as I have not followed your directions, I should be unjust to attribute the efficacy of the remedy.

I have never used the Melasse or Muesli. I shall send for a bottle of the Melasse, and continue the use of the Ervalenta.

Signed, RICH. SELLWOOD.
Phoenix Street, Dublin; May 1. 1845.

No. 48 (see No. 50).

Two Cases.

Necessity of taking aperient medicine constantly during three years.—This necessity superseded by the Ervalenta.—Some increase of flesh and health.—Opinion of medical men with respect to the Ervalenta.—Some good effects on a friend.

Miss Tubbs (having Miss Marlow's permission to make use of part of her paper) has much pleasure, in return to Mr. Warton's letter, to state that, though she has never taken the Ervalenta (owing entirely to her not requiring aid), yet her sister and herself, having in the good effects produced by it on friends of theirs, were induced to procure two packets of it for a poor young man in their neighbourhood, who had been obliged for three years to have instant recourse to aperient medicine, which in her complaint was a necessary evil: the Ervalenta has quite superseded this, and she has gained a little flesh and strength since she began to use it, which was in December last. Miss Tubbs begs to add that she thinks Mr. Warton in error respecting the opinion of medical men in England being against Ervalenta; for, as far as she has had opportunities of judging, they rather encourage and recommend it than otherwise.

Twickenham, (London;) May 1. 1845.

No. 49.

From the Rev. R. Gillow,
Catholic Priest.

Messrs. J. Youens and Co.—Sirs, The Ervalenta and Melasse which I procured from you a few weeks ago, I am happy in being able to say, have been

of considerable benefit to my friend; and I have strong hopes that this farina will ultimately, if he perseveres in its use, restore him in a great measure to a state of convalescence. I have been recommending it to one or two more of my friends, and will thank you to send me two packages of the Ervalenta only, for which you will herewith receive a post-office order for £1. 15s.

I remain your obedient servant,
RD. GILLOW.

Fernyhalgh, Preston, Lancashire;
May 2. 1845.

No. 50 (see No. 48).

From Miss Marlow.

Constipation of seven years.—Affection of the liver.—Immediate effect of the Ervalenta.—Health decidedly improved.

Mr. Warton.—Sir, I have used the Ervalenta once a day with very little intermission since July last. It produced the desired effect the first morning of taking it, and continues to do so daily, without recourse to medicine, which had before been my daily habit for a period of seven years. Previous to using Ervalenta, I had several severe illnesses, arising from an affection of the liver. I consider that I have suffered much less from pain in my side &c. since July last, and that the general state of my health is decidedly improved.

Signed, HARRIOT MARLOW.

Twickenham, (London;) May 2. 1845.

No. 51.

From Lady Thomas.

Ergalenta agreeable and harmless.

Mr. Warton.—Sir, In reply to your letter of the 26th of April, I have to say that curiosity alone induced me to use the Ervalenta and Melasse. I had not any illness of any kind, but having read your pamphlet and recommendation of those articles, I sent to Messrs. Youens and Co., determined to see what the Ervalenta was like. I took it only as food for breakfast, without paying any attention to directions as to diet &c. I rather liked it, and sent for a second quantity. I have not met with any one who has made trial of the Ervalenta, and so cannot speak of its qualities considered as medicinal; I can only say that, in the way in which I took it, it did not disagree with me.

Signed, E. L. THOMAS.
Weymouth, May 3. 1845.

No. 52.

Constipation.—Great benefit derived from the Ervalenta.—Its value as an article of diet.

Mr. Warton.—Sir, I received your favour of the 26th ult. in due course of post. I do not wish my name to be published, but you may give it to any one making personal application, and on this understanding I give you the following particulars, which, in case of any legal proceedings, I am ready to substantiate. This I shall be the better able to do, from having kept notes of my case since I began to use your Ervalenta. I fear it will hardly be one *quite in point* for your purpose, as, in addition to the means recommended *by you*, I have also been following the directions of my regular medical attendant, in consequence of being visited with an attack of hemorrhoids or piles.

I began to use the Ervalenta on the 2d of April for constipation, with which I have at intervals been troubled for several years, and I have latterly had to call in the advice of my medical man, as mentioned above. Having now been relieved, I shall continue the use of your preparation, from which I am satisfied I have derived great benefit.

The quantity consumed is about two thirds of a packet; and the good effects of it were appreciable on the 3d day from that on which I commenced using it.

I may also say that I have recommended its use to my friends, as having no doubt from my own experience of its great value as an article of diet.

Should you think my evidence of value, I shall at any time have pleasure in giving it in your favour.

In the meanwhile,

I remain yours truly,

Halifax, Yorkshire; May 3. 1845.

No. 53.

From the Rev. Thomas Martyn.

Constipation : — Good effect of Ervalenta with Warton's Melasse.—Utility of this latter substance.—Agreeable flavour of the Ervalenta.—Increased tranquillity of mind and strengthened memory produced by its use.

Mr. Warton.—Sir, you are quite welcome to my testimony in favour of your Ervalenta as far as it will go.

I have all my life been subject more or less to a constipated habit of body,

and certainly no purgative medicines which I have tried (and they have been various) have had any effect in *subduing the habit*.

Seeing your advertisement, I was induced to try your remedy, and the result has been exceedingly satisfactory. I did not find the Ervalenta sufficiently powerful without the Melasse, but with that addition I soon experienced the benefit, and in about a month was obliged to confine myself to its use once instead of twice in the day.

It is so palatable that I continued the use of it for breakfast longer than was absolutely needful, and am now not using it only in consequence of having been from home.

I may add that I observed an increased tranquillity of mind and strengthened memory to be produced by the use of the Ervalenta.

I am, Sir, your most obedient servant,

THOS. MARTYN.

Pertenhall, Kimbolton, Hants; May 7. 1845.

No. 54 (see No. 26.)

Great benefit derived from Ervalenta.

Sir, In reply to yours of the 29th ult, which by the bye I must apologise for not answering sooner, I can have no hesitation in stating that, although by the use of the Ervalenta &c., I have not been cured of the constipation from which I have suffered for some years, I have yet derived great benefit from it, and still continue taking it.

I remain, Sir, your obedient servant,

F. FRANKLIN.

Exeter, May 8. 1845.

No. 55 : (for No. 56 see p. vi.)

Much good done by Ervalenta.

Mr. James Youens.—Sir, Please to send me a packet of Ervalenta.

I have had a letter from Mr. Warton. I am in too poor a state of health to answer it. You may let him know that I think well of the Ervalenta. It has done me much good. I cannot expect much, as I have long been very poorly, and am in the 79th year of my age.

I am, Sir, yours very truly,

ED. STATHAM.

3 Elliot Street, Liverpool; May 20. 1845.

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No. 57.

Ervalenta &c. most agreeable to the palate &c., during confinement under the doctor's hands.

Messrs. J. Youens & Co.—Gentlemen, please to send me by the usual conveyance two packets of Ervalenta and one bottle of Melasse.

I have continued to use the Ervalenta &c., in consequence of its being most agreeable to my palate &c. during the time I have been confined under the doctor's hands, which is now nearly seven months.

Signed, EDWARD LEES.

Stamford Street, Ashton under Lyne, Lancashire; June 9. 1845.

No. 58.

Decided advantage derived from Ervalenta.

Mr. Warton.—Sir, I have derived decided advantage from the Ervalenta, and continue to do so. I have this day sent an order for another packet. I should be *very sorry* to see its sale prohibited; yet I would rather decline any publicity being given to my name, unless circumstances rendered it absolutely necessary. At present therefore withhold my consent.—I am, Sir,

Yours with respect, J. C.

Cheltenham, June 13. 1845.

No. 59.

Beneficial effects of Ervalenta.

Messrs. J. Youens & Co.—Gentlemen, having witnessed the beneficial results obtained by a friend of mine from Warton's Ervalenta, I request you to send me a box of that farina containing two packages, for which I enclose you a post-office order.

An early compliance will particularly oblige yours most respectfully,

J. L. HEATON,

Lieutenant Halliwell's, near Bolton-le Moor, Lancashire; June 30. 1845.

No. 60.

Result of an insufficient trial of Ervalenta.

Mr. Warton.—Sir, I did try a box of Ervalenta when I lived at Temple House, in the Parish of Chilvers Coton, near Nuneaton, Warwickshire. My opinion at the time was that it was favourable to

me under my complaint, which was constipation. I used it regularly while the box lasted, and I am of opinion that it was favourable to me; but my complaint has been since then the same as it used to be. The Ervalenta promised to be as favourable to me as anything I have ever, so far as I can now remember, used.

I remain, yours faithfully,

JOHN PRICE.

12 Alfred Street, Bedford Square, London; Sep. 15. 1845.

No. 61.

The effects of Ervalenta surprising.

Messrs. J. Youens & Co.—Gentlemen, Enclosed I have sent a post-office order for the sum of 17s. 10d. I beg that you will forward with as little delay as possible a packet of your Ervalenta. I feel in justice bound to say that the effects of this farina have been truly surprising, far beyond our most sanguine expectations.

Signed, ZECH. JOLLY.

Cinderford, December 31. 1845.

Please to direct, "Cinderford, near Newnham, Gloucestershire".

No. 62.

Intestinal debility.—In vetebrate constipation.—The Ervalenta a panacea (universal remedy), if there be one.

Mr. Warton.—Sir, Having from infancy been subject to intestinal debility, and sadly afflicted with a constipation of the bowels which rendered life not only onerous but contingent, I was eager to see your Exposition of an Infalible Means of Cure, which I saw advertised in one of our Glasgow newspapers. I procured the Work, and read it with satisfaction and delight, to find reasonings so consistent and conclusive, upon facts so analogous to those of my own knowledge, and cases which had been cured, altogether so very like my own.

I had long been on the search for some alimentary remedy, convinced by long and painful experience of the futility of purgative medicines for *cure* in such cases. But all my trials were without success, the best affording only temporary relief, while others aggravated the evil, until I fortunately procured your Ervalenta, which in about a fort-

night gave decided proofs of its anticonstipative and salutary nature. I continued to use the same farina for three weeks longer, when the exhaustion of my parcel put a period to my supply (the inconvenience and expense of bringing it from London being considerable), but not before effecting such an improvement in my health as to warrant me in saying, that Ervalenta is (if such a thing there be) a panacea.

Signed, W. N. PAUL.

72 Norfolk Street, Glasgow; Jan. 8. 1846.

No. 63.

Great benefit derived from Ervalenta.

Messrs. J. Youens & Co.—Gentlemen, James Fisher Esq. of this place has been taking Ervalenta for a long time, and is desirous of continuing it, as he finds great benefit from it.

Signed, A. GARDNER.

Cheltenham, Jan. 23, 1846.

No. 64.

Estimation of Ervalenta and Warton's Melasse in the County of Kent.

Mr. Warton.—Sir, I have taken the liberty of writing to you respecting the Ervalenta and Melasse of which you are the proprietor. I am a chemist, and am well acquainted with the principal families in the town, and also with many throughout the County of Kent. There are many here that are using those preparations, and are desirous of purchasing on the spot here, and thereby avoiding the additional expense of carriage, portage, and booking, which make it 19s. 3d. for a packet of Ervalenta, instead of 16s. 6d. Many of the first families have called on me, and requested I would write to London and endeavour to obtain the agency; which I did, and the reply I received was that no agents were appointed in the country. I have had an interview with several of them since, and now they urge me to make application to you; feeling convinced, that, were an agent appointed here, the sale would immediately increase, and that very considerably. When Messrs. Youens and Co. sent their reply, they enclosed me a list of prices at which they would supply me; but as the allowance was so trifling, and I was to remit the cash before they sent off the goods, I declined sending them an or-

der; because I should have been compelled in many cases to give credit for six or even twelve months, and met with even one bad debt, on many packages would have quite lost. I wish you to think of sending me an early reply, as a few are waiting to be supplied by me. I will appoint me an agent. I accept it on fair terms, and can give respectable references, or security required. I suppose there are coaches daily from Paris to Boulogne that the goods would soon reach as the steam-vessels arrive and daily from this town to Boulogne.

I am, Sir, yours very respectfully

RICHARD HALL

Dover Street, Folkestone; Feb. 2.

No. 65.

Immense service done by Ervalenta.

Sir, Be so good as to forward another package of Ervalenta (the third). I have no hesitation in saying that it has done me immense service.

I have sent you three or four times. One of them, Mr. Antonsen, told me that your bill was 19s. 1d. which sum I send you a post-office order for.

Signed, PIERRE RON.

Club-House, Waterford; Feb. 20.

No. 66.

Great benefit from the use of Ervalenta.

Mr. J. Youens.—Sir, A clergyman of our neighbourhood who has found great benefit from the use of Ervalenta, induced us to try it. I have therefore sent you the enclosed order. I am obliged, by your sending the goods *without delay* addressed as follows.

Mrs. FOTHERGILL, Billericay,

March 5. 1846.

No. 67.

Good effects of Ervalenta on the chest and bowels.

Mrs. Houghton begs to return her best thanks to Mr. Warton for the medicine, which she received on December 1st, and which was very full and satisfactory. Her friend has ever since that time followed his directions as closely as possible.

e has now been using Ervalenta a day ever since Nov. 1. Her condition is much improved, and she now scarcely any medicine, but with ere is obliged occasionally to do so. brown bread she found heavy, and ght it made the stomach more acid, so gave up using it. She requires esse twice a day, and has plenty of 1 vegetables every day, unless when s well as usual, when she takes Erta for dinner. e has just sent Mr. Warton's little to two invalids, and feels sure will procure this remedy. bury, Middlesex; March 17. 1846.

No. 68.

Ergalenta very beneficial.

, The use of the Ergalenta you ne has been found very beneficial: ll therefore feel obliged by your ng me another packet as per post-order as soon as convenient, did as before: Mrs. Burchnall, Crops-to be left at the Fish and Quart, ch Gate, Leicester, by rail.

Yours respectfully,

A. BURCHNALL.

oston, March 21. 1846.

No. 69.

(Written in French)

ervalenta does the patient much good.

, I have made use of your Erva-and it has done me much good. is I live in the most distant County land, I should be glad if it could old at Dublin (perhaps at Bewly Evans's, New Sackville Street), f possible, cheaper.

n sure, if the Ergalenta were once n in Ireland, it would have a great ation.

ow your advertisement in the Irish s. I should be very glad if it be sold at Dublin.

Signed, MARY HARRIS.

inamore, Co. Leitrim, Ireland;
May 26. 1846.

No. 70.

eat benefit derived from Ergalenta.

F., who received a packet of Erva-some weeks since, and who has benefited by its use, begs that

another packet may be sent him, for which he now encloses a post-office order for 17s. 10d.

York Terrace, Leamington; May 28. 1846.

(See also No. 78.)

No. 71.

Inveterate Constipation.—Motions accompanied with great pain.—The effects of the Ergalenta "almost miraculous."

Mr. James Youens.—Sir, Enclosed is a post-office order for 17s. 10. for a packet of Ergalenta, which please send per first luggage train. The packet I got from you a few weeks since has been of great benefit to Mrs. Withecomb; in fact I may say, its effects have been almost miraculous. She had been suffering for years with constipated bowels, and could not obtain a motion without resorting to medicine, and even then it was with great pain; but since using the Ergalenta, she has a natural motion every morning. My testimony to its surprising effects will at all times be gratefully tendered.

I am, Sir, your obedient servant,

THOS. WITHECOMB.

3 Whitefriars-gate, Hull; May 28. 1846.

Two months later Mr. Withecomb had the great kindness to transmit to us the statement of cure contained in No. 81.

No. 72.

Estimation of Ergalenta in America.

Dear Sir, Your favour of the 3d inst. is before me.

I have only two packages of Ergalenta on hand, and shall want more soon. The Ergalenta will continue to sell. It gives satisfaction in all cases. The price is its only bar to success.

Signed, J. S. HOUGHTON.

Boston (America), June 6. 1846.

No. 73.

The Ergalenta answers its purpose.

The writer of this letter has been making trial of late of Mr. Warton's Ergalenta, and finds it answer the purpose for which it was obtained.

Address to Mr. Heartly at Messrs.
Roake and Varty's, 31, Strand, London.

June 22. 1846.

No. 74.

Effects of Ervalenta beneficial.

Mrs. Salmon will thank Mr Youens to forward another packet of Ervalenta; it is for the same lady that had the last packet: she finds its effects beneficial. A sister takes it with her.

Great Oakley, June 26. 1846.

No. 75.

Constipation during many years.—Purgatives ceased to produce relief.—Beneficial results from the use of Ervalenta.—Ill effect from ceasing to use the Melasse.—No benefit derived from any article of diet except Ervalenta.—Rest during the night improved.—Ervaleuta, as a light and digestive food, unrivalled.

Mr. Warton.—Sir, Having for several years suffered from an habitual constipation, and having been under the necessity of continually resorting to purgatives, till they had lost all effect, I saw by chance in a London paper an advertisement of your Treatise on Constipation, which I procured immediately. After attentively perusing it, I wrote to your Agent in London for a packet of your excellent farina and also a bottle of the Melasse; both of which I continued to take morning and night for four months, observing at the same time your instructions, except taking walking exercise, which I was unable to do, owing to extreme weakness.

During these four months the result was satisfactory, as I took no medicine during that time (a thing that has not happened to me for many years), though at the same time the constipation was not quite subdued, although much less severe.

At the end of four months I discontinued the Melasse (as I found the two articles rather too expensive), and for the last two months have taken Ervalenta with milk as before, and of late only for breakfast; but I find a great difference, as some days the constipation is severe, and I am obliged occasionally to take medicine, though with great reluctance.

From an early age (I am still young), I have been always more or less invalid, and for the last few years have been almost constantly under medical

treatment without receiving much benefit, suffering from cough (for I have tried all remedies), extreme fatigue and debility, incapability of exertion of any exertion whatever, ailments, constipation being always a reigning malady.

I have tried various articles but I never received benefit from them except Ervalenta, which I do not hesitate to say, has done me more good than any thing else, and with me very well.

I am in many respects better than I was, and obtain more rest at night than before, but my enemy is not yet subdued. Yours is indeed, Sir, a most valuable discovery, and as a light and digestible diet, is unrivalled.

I am very sorry to trouble you so long a letter, but I feel confident that you wish to know the result of the use of Ervalenta. Mine is an obstinate case, which I doubt from the constant habit of taking purgatives, and from my having been obliged at different times to have recourse to leeches and other remedies. I sometimes feel in despair, but as persons of my age double my age have been cured by the use of excellent farina, I do not see why the same should not happen to me.

Signed, (Miss) X.

Pittville Parade, Cheltenham; June 27. 1846.

No. 76.

From the Rev. C. H. Da

Much good from Ervalenta:

Sir, I enclose an order for another box of Ervalenta, which I want as soon as possible.

Signed C. H. D

Nailsworth, near Stroud, Gloucester
July 9. 1846.

P. S. The Ervalenta has done much good.

(See also No. 80.)

No. 77.

From the Rev. R. S. Hodges, Catholic Priest.

Obstructions which medicine had failed to remove, removed by means of Ervalenta.

Mr. Warton.—Sir, Having been cured by the recommendation of your Agent, Mr. Youens, to have

your Ervalenta, I feel it a duty to state that I have derived the greatest benefit from it. The constant use of medicine for many years had only increased the obstructions from which I suffered. By the use of Ervalenta these have been so far removed, and I have been enabled to do without medicine.

Signed, R. S. HODGSON.

Richmond, Surrey; July 25. 1846.

No. 78 (*see No. 70.*)

Very considerable benefit derived from Ervalenta.

Sir, I have taken two packets of Ervalenta during the last three months with very considerable benefit; so much so, that I mean to continue it: I have also recommended it to others.

Signed, G. F.

York Terrace, Leamington; July 30. 1846.

No. 79.

Constipation of fourteen years standing.—Very beneficial results obtained from the use of Ervalenta.

Mr. Warton.—Sir, I am happy to add my testimony to the very beneficial results which I have found from the use of your Ervalenta for about four months, after fourteen years of constipation, more or less obstinate; and I fully believe that it is calculated to remove this disorder entirely, provided your instructions be properly attended to.—I am, Sir, yours sincerely,

WILLIAM SMITH.

1 South Street, Moor, Sheffield;
July 30. 1846.

No. 80 (*see No. 76.*)

From the Rev. C. H. Davis.

Habitual Constipation, causing so much pain as to prevent reading or studying without great discomfort.—Medicines of various kinds, and also the enema, tried in vain.—Benefit soon derived from the Ervalenta.—The writer's general health better than for six years before.—Pain in the head so much diminished as to give hope of its being soon entirely removed.

Nailsworth, near Stroud, Gloucestershire;
July 31. 1846.

Mr. Warton.—Sir, In reply to your letter dated July 28, in which you request me to inform you of the effect produced by the farina called "Ervalanta", and to give my testimony in its favour, I have only to say that I will

willingly do so, if it will be of any service in promoting its sale.

I am naturally liable to constipation, and from the year 1841, at which time I commenced my residence at the University of Oxford, until I began to use the "Ervalanta", about four months since, I suffered much from that complaint, which caused so much pain in the head, that I could never read or study without great discomfort. Having tried medicines of various kinds, and also the *enema* (injection), without any benefit, I was led about four months since to try the Ervalenta. I used it at first for breakfast and supper, during the period of about six weeks, and I soon began to derive benefit from it. I still continue it for supper, and intend to do so, as I find my general health better than it has been for the last six years. I may add that since I have used the Ervalenta, I have suffered so much less from the pain in the head, that I hope it will before long be entirely removed.

I remain, Sir, yours &c.

CHAS. H. DAVIS, B. A.

Curate of Chavenage, Gloucestershire.

No. 81 (*see No. 71.*)

Constipation of twenty years.—General debility.—Most painful protrusion of the rectum (lower bowel).—An operation, advised in consequence by an eminent surgeon, avoided by using Ervalenta.—The lady restored in comparative health to her domestic duties.

Mr. Warton.—Dear Sir, I lose no time in replying to your communication this day received.

My wife has been suffering from habitual constipation for 20 years, has tried all the usual means without effect, and during the last year was quite unable to walk a short distance without great pain. The disease brought on a general debility, and caused the bowel to protrude to such a degree that, when after two or three days a motion was obtained, the most intense agony was the result for hours afterwards. In this state, and after despairing of any remedy, she was advised by an eminent surgeon to submit to an operation; but, happening by chance to see one of your books, I procured a packet of the Ervalenta, and on the third day after using it she had the satisfaction of having a natural motion without so much pain; and now, after using two packets, the excruciating pain has altogether ceased, and she can walk two or three miles without incon-

venience. She visits the water-closet every day regularly, and is greatly improved in her general health; nor does the bowel now protrude as formerly: in fact she is quite a new being.

If I can serve you in any way by giving publicity to your invaluable farina, you may command my services. At all times you are at liberty to publish the whole or any part of this statement as you may think proper, with my name and address appended; and I will gladly answer any inquiries that may be addressed to me.

I forgot to mention that my poor wife was in such a state before using your Ervalenta, that she was obliged to recline on a sofa for several hours every day in great pain. At present she seldom has occasion for the sofa, and when she uses it, it is without pain; and from being a poor thin debilitated creature, she can now attend to her domestic duties with comparative pleasure.

I entertain the liveliest feeling of gratitude to the Giver of all good for directing me to your advertisement; and remain, dear Sir,

Yours very truly,

THOS. WITHECOMB.

Hull (see No. 71), July 31. 1846.

No. 82.

From the Rev. George Hemming.

Inveterate Constipation.—The remedies prescribed by the first medical men do but increase the disorder.—Complete and speedy cure by the Ervalenta and Melasse.—This farina an agreeable food.

Mr. Warton.—Sir, I feel that I am bound by a sense of justice to communicate to you the result of a trial of the Ervalenta and Melasse, on a female member of my family.

The patient had been suffering for many months from the *most obstinate* constipation; so much so as to cause the most serious alarm for her health. The remedies used *daily* under the advice of the first medical men in London, not only produced *no relief*, but *aggravated* the disorder.

She began to use the Ervalenta and Melasse (strictly according to your instructions) quite in the beginning of the year; and, with the exception of the first week of its use, she has had no occasion to have recourse to *any medicine whatever*.

She continued to take the Ervalenta

for *three months*, not because she considered it necessary, but from finding it an agreeable food.

She is in *perfect health*, without the smallest apprehension of a relapse.

You are at perfect liberty to use this in any way you think right, and be assured I will omit no opportunity of recommending so invaluable a discovery.

I am, Sir, your obedient servant,

GEO. HEMMING.

Little Parndon, Harlow, Essex; Aug. 1. 1846.

An accident having delayed the posting of the above, Mr. Hemming was so kind as to add on the occasion of sending it:

"I am very glad of this opportunity of bearing testimony to the *perfect success* in this case of your discovery."

No. 83.

Medicine rendered unnecessary.—General health improved.

Mrs. Hunsell begs leave to state that it was not for herself that she applied for the Ervalenta; but she encloses the testimonial of the person who has received benefit from it, but who declines having her name made public.

"I have much pleasure in bearing testimony to the benefit which, under the blessing of Almighty God, I have derived from the use of Ervalenta for the last five weeks, both in its having entirely superseded the use of medicine, and also in the general improvement of my health which has taken place during that time."

Dean Square, Norwich; August 3. 1846.

No. 84.

Much benefit derived from the Ervalenta.

Lady ** begs to say in reply to Mr. Warton's letter, that she has certainly derived much benefit from the use of the Ervalenta, but that she should very much object to have her name appear in print on the subject, or give any public testimonial to it. She therefore requests that her name may not be mentioned.

Gloucestershire, August 3. 1846.

No. 85.

The benefit to others, and the moral propriety, of communicating to Mr. Warton the results

arising from the use of his Ervalenta.—Invertebrate Constipation.—Violent headache.—Giddiness and glimmering of sight.—Tingling in the ears.—Wearing pain in the upper extremities of the jaws.—Aching weariness and occasional pain in the shoulders.—Unpleasant sensation in the throat.—Eruptions.—Acidity.—Gushing of saliva into the mouth, so as in sleep to saturate the pillow.—Pains and weakness in the loins.—Sediment in the urine.—Urine high-coloured, and its emanations offensive.—Hemorrhoids.—Load at the extremity of the lowest bowel.—Protrusion of that intestine.—Violent cramp in the legs and feet at night.—Deadly coldness in the extremities, the head and face being at the same time in a burning fever.—Memory affected.—Falling asleep almost as soon as seated to read or write.—Weakness of the *sphincter ani*.—General debility in all the joints.—Rapid diminution of appetite.—Effects of the use of Ervalenta.—Importance of attending to the instructions.

Mr. Warton.—Sir, I beg to acknowledge the receipt of your letter of the 28th ult. stating that you intend to publish a Work containing testimonials respecting the beneficial effects of Ervalenta, and requesting me to oblige you with mine; but in case I object to do so, you politely add, that "the utmost attention shall be paid to my wishes". But how can I object? I cannot conceive that any one who has derived as much benefit as I have from your invaluable farina in the short space of nine weeks, can be so ungrateful to you (the discoverer), or yet so selfish, so narrow-minded, and so void of humanity towards his suffering fellow-creatures, as to withhold so moderate a request, if it is to be of service either to the former or to the latter. Had I not myself read the testimonials of other parties, the probability is, that I should yet have been ignorant of the value of Ervalenta, and of course still suffering from disease. And as it is my wish, always 'to do to others as I would that they should do unto me'; and since many who may peruse my testimonial may there read their own complaint, I shall at once enter into detail, laying aside all fastidious delicacy; which ought, I think, for the sake of others, to be thrown overboard.

I am now forty-two years of age, and from my boyhood have suffered from constipation and violent headache; I rarely had an evacuation more than once in three or four, and sometimes as much as eight, days; and, even when I was free from headache, I generally felt a load and fulness at my temples, and frequent giddiness and glimmering of sight, tingling in my ears, and latterly an *indescribable* nervous wearing pain in my jaws at the upper extremities. For several

years past I have suffered from an almost insupportable aching weariness on the top of my shoulders, and occasional pain in the right shoulder-blade. At the lower extremity of my throat I have felt as it were a lump, or something which I had imperfectly swallowed, from which I was seldom free. I have had very flatulent and frequent eructations after meals, sometimes accompanied with the return of a portion of undigested food; at other times there was a liquid as hot as Cayenne. I have been very much teased with acidity, the saliva frequently gushing into my mouth, and when asleep making its escape and saturating my pillow &c.; and with a disagreeable taste when I awoke. I have experienced frequent pains and weakness in my loins, and much sediment in my urine, which was high-coloured, and sent forth offensive emanations. I have been tormented with hemorrhoids, with a constant load at the lower extremity of the rectum (lowest bowel), and with a descending of that intestine after every stool for several years past. I have suffered also from violent cramp in my legs and feet at night. A deadly coldness frequently pervades my hands and feet (sometimes extending as high as my knees, especially when confined to a sitting posture), even in the hottest weather; and at the same time my head and face are in a burning fever. My memory has been very much affected, and if I sit down to read or write, I almost invariably fall asleep. During the last four or five years I have daily used an enema (injection) after breakfast, without which my bowels were inactive. During the spring of this year I was attacked with a severe and long-continued pain in my loins, together with an increased weakness in the *sphincter ani*. In a short time injections began to lose their effect. I was next attacked with a general debility in all my joints, even in my wrists and fingers, but especially in my knees, the back sinews of which were so weak that I could scarcely use my legs without the assistance of a strong cane: the same parts were occasionally attacked in bed with a sort of cramp which resembled five or six sinews extended almost to breaking, with a separate gnawing pain at each of them. At length my appetite rapidly diminished, and from the last week in April to the end of May (five weeks) I partook of animal food only thrice. At that time I began to despair of getting

better, and it was at this very crisis that your London Agent's advertisement ("Constipation Destroyed, &c., &c.") attracted my attention. I lost no time in procuring one of your pamphlets of testimonials, which at once induced me to get a packet of Ervalenta from London; and from its beneficial effects, I have ever since continued its use at least twice a day, and occasionally thrice, when I considered it necessary. I began to use it on the morning of the 30th of May, but as my bowels were not evacuated either on that or on the following day, I thought it necessary in the evening to have recourse to an enema; but from that time to the present (nine weeks), I have used neither medicine nor injections, and yet I have had the comfort of relieving my bowels regularly every morning after breakfast, a blessing which I never before enjoyed to my knowledge without employing artificial means. Thus far is one evil subdued, and that I believe to be the *parent* of *all* the rest; and when the parent is once destroyed, I have no doubt that the *whole family*, for want of *his support*, will not long survive him: in fact, some have already disappeared, whilst others are rapidly showing symptoms of decay, as will be seen from the following facts.—For many years past if I partook of milk, I invariably got a very bad headache. I began to use it with the Ervalenta as directed*, but, having a constant headache, was obliged to substitute water for some time, when my headache disappeared. Now however I daily use milk, and very seldom suffer from headache, or disordered stomach. I was always partial to coarse bread, but it constantly turned sour, and would not remain on my stomach. At present I use no other kind of bread, and I find it agree well with me. My urine also is now pale and free from sediment. Neither have I suffered from cramp for some time; I can also do without the use of my cane, and am daily gaining strength. As you have allowed me very little time, I have been obliged to write this in haste, but I hope it will reach you in time for publication.

Signed, X. X. (Esq.: see below)

Morpeth, Northumberland; August 5. 1846.

P. S. I ought to add that I have adhered *very closely* to your instructions, without which I am convinced the be-

neficial effects would have been retarded. I abstained *entirely* the use of *bread and all wheat preparations* for a considerable time.

N. B. The writer of this Attestation requesting that his name might be superintended by Mr. Warton to add that he is most happy to give to any person such information as might be required, on his to U. H., Esq., care of Mr. Mitcheson paper Agent, Morpeth, Northumberland (See also No. 114.)

No. 86.

Severe stomach complaint.—Constipation. Chronic inflammation of the bowels benefited derived from Ervalenta.

Mr. Warton.—Sir, It affords me great pleasure to be able to testify the virtues of your Ervalenta, which has been using for nearly a year. I have been troubled for many years with a severe stomach complaint, constipation, and chronic inflammation in the bowels, and was obliged to take medicine in order to move them. The constant use of Ervalenta has done me much good, although it has not, as yet, removed constipation. I beg to certify of my high sense of the value and virtues of Ervalenta as a most wholesome farina.

I am, Sir, your devoted servant
A CLERGYMAN IN SCOTLAND.

Ayrshire, Scotland; Aug. 6. 1846.

In an accompanying note the Clergyman kindly adds:

"May the Lord bless you for the good which you have been the means of doing to so many invalids!"

No. 87.

Great benefit derived from Ervalenta farina strengthening and nutritive.

Sir, The Ervalenta was not useful to myself, but by Mrs. Alderson, who derived great benefit from it, and found it very strengthening and nutritious; so much so, indeed, that she continues to use it occasionally with advantage.

I have the pleasure of subscribing myself, yours very faithfully,

GEORGE ALDERS

Hornby, Catterick, Yorkshire; Aug.

No. 88.

Inveterate Constipation.—Effects of Ervalenta contrasted with those of purgatives.

* See the foot-note to No. 39.

Sir, In answer to your enquiry respecting my trial of your Ervalenta, I beg to inform you that it was very short, in consequence of my being attacked with fever; and after recovery I did not go on with it. But during the time I took it, I was perfectly and *copiously relieved* in my bowels *once every day*, a benefit I had not enjoyed for many years previously, having many times gone from three to four days without having a motion; for which reason I often had recourse to purgatives, but this relief was only temporary, and a frequent repetition did but destroy its effect altogether.

I am perfectly certain that the Ervalenta will relieve the bowels every day without the aid of any other remedy, and will prove a comfort to patients who use it.

I am, Sir, yours truly,
THOS. FREEMAN Jun.
Keydon near Southwold, Suffolk;
Aug. 31. 1846.

P. S. I must request that you will not bring me as a witness on any account, save and except by the use of *this letter*.

No. 89.

Beneficial effects of Ervalenta on the general health.

Mr. Warton.—Sir, I have not taken Ervalenta for some months; but during the time that I did, I am satisfied of its beneficial effects on the general health.

I remain, Sir, yours obediently,
H. J.

Brighton, Aug. 31. 1846.

No. 90.

Three Cases.

Long-continued Constipation.—Considerable benefit derived from Ervalenta.

Mr. Warton.—Sir, Your letter of the 29th inst. has just reached me. In reply, I beg to say that my wife, my sister, and myself have taken your Ervalenta for the last three years, and still continue to take it, for protracted constipation of the bowels, having most certainly received considerable benefit; and that for the first year we took the Melasse also, in the way directed, and should have continued to take it, had not the expense been so much greater than that of *sugar*.

I remain, Sir, yours very obediently,
J. SHAVE.

3 Petersburg Place, Bayswater;
Aug. 31. 1846.

No. 91.

From the Rev. W. Williamson.
(Case of a Lady.)

Constipation of long date.—The Ervalenta proves an effectual remedy.

Wold Rectory, near Northampton;
Aug. 31. 1846.

Sir, Having been from home lately, I did not receive your letter of the 27th inst. until yesterday, when it reached me here, or it should have had an earlier reply.

It was not myself who made use of the Ervalenta, but my wife, and, I am happy to say, with great success. She had long been subject to constipation of the bowels, but the use of *the Ervalenta alone*, without the Melasse, or medicine of any kind, proved an effectual remedy.

I am not acquainted with any other person who has used this excellent aliment, or I would endeavour to persuade them to give their testimony also in its behalf; but I trust you will obtain sufficient testimonials to counteract the opposition that is made against it; and I beg to remain,

Your sincere wellwisher,
WM. WILLIAMSON.
(Islip, Thrapstone, Northamptonshire.)

No. 92.

Chronic Indigestion (*Dyspepsia*) * with all its attendant evils.—Excellent effects of the Ervalenta.—Great benefit derived from it in two other cases.—Importance of studying well this Treatise and the Book of Instructions.

Mr. Warton.—Sir, In reply to your inquiry respecting the Ervalenta and Melasse, I have great pleasure in stating that I have received much benefit from the use of this farina, and that I entirely attribute to it a complete change in the system, enabling me to dispense with all kinds of medicine, or nearly so, while I enjoy a far better state of health than I have done for years; having long previously suffered from indigestion (*dyspepsia*) with all its attendant evils.

Mrs. Gorton has also derived great benefit from its use, and I have recommended it to many of my friends; and I am quite confident that, if taken

properly, it is well calculated to cure all complaints of the stomach, by restoring its action; accomplishing thereby the object you have in view, of enabling people who have long accustomed themselves to purgatives to do without them altogether.

I am, Sir, your obedient servant,
THOMAS GORTON.

Colchester, September 1. 1846.

I have recommended the Ervalenta, as I have stated, to several of my friends; but either from not knowing how to use it, or from not persevering, they have not experienced the benefit they expected. I consider it absolutely necessary to study well the effect of it. Mrs. Gorton and my sister, under my care, have found great benefit; whilst my brother, who does not live with me, has given it up, and I have a niece who is persevering with it, but does not find the benefit I did from it.

No. 93.

From the Rev. James Hinton, M. A.
Four Cases.

Constant Indigestion, the cure of which by means of Ervalenta enables the patient to apply suitable remedies to other ailments.
—Other cases.

Mr. Warton.—Sir, I have received great benefit from the use of your *Ervalanta*. At first I took it twice a day, but now I take it only in the morning. The advantage I have derived from it is twofold. First, it has entirely relieved me from constant indigestion, under which I had suffered for many years, notwithstanding the advice and prescriptions of several eminent surgeons and physicians; and, secondly, being thus relieved, I have been able to apply suitable remedies to other ailments, with which I am frequently afflicted.

The Ervalenta has also been highly useful to Mrs. Hinton and her sister; and I recommended it to Mr. Brown (a gentleman residing in this neighbourhood), to whom it has proved of essential service.

I am astonished to find that you have met with any opposition from medical gentlemen in this country. I conclude, however, it can be only of a private and not of a legal character; were it otherwise, I should consider it my duty to affirm on oath the statement made above, before any Court.

I am, Sir, yours gratefully,
JAMES HINTON
5 Grove Road, St. John's Wood, Lond
September 1. 1846.

No. 94.

From the Rev. C. B. Pearson.
Two Cases.

Effect of Ervalenta on an irritable and ing state of the bowels.—In the case friend it supersedes the use of medicine.

Sir, In answer to your letters al the Ervalenta and Melasse, I beg to that a member of my family has been some months past in the habit of ta your farina as an article of food, and found it both agreeable and wholeso as a medicine it has not obviated necessity for the use of purgative di but it has seemed to soothe a pa who had previously suffered from an irritable and griping state of bowels; and I may add that it was recommended to us by a friend in whose c had certainly superseded the use of dicine.

I am, Sir, your faithful servant,
CHARLES B. PEARSON
Knebworth, Stevenage, Herts; Sept. 1.

No. 95.

Obstinate sick headache, accompanied general debility.—Good effects of Ervalenta.

Mr. Warton.—Sir, I have great sure in informing you, that I have nessed the good effects of the Erva in my family, in an obstinate ca sick headache, accompanied wit neral debility, and I believe it to valuable remedy.

I am, Sir, yours respectfully,
JOHN PICKWORTH
Wainfleet, Sep. 2. 1846.

No. 96.

Benefit received from Ervalenta.

Mr. Warton.—Sir, My friend neighbour Mrs. Shave (see No. 90 shewn me your letter addressed to and having myself used your Erva and received benefit therefrom, I t add my testimonial to its good el thinking it may be of service to your present perplexity. The y name was not given you.

Mr. Youens did not know my direction.
Signed, SUSANNAH SMALLEY.

2, Southern Cottages, Bayswater,
London; Sep. 4. 1846.

No. 97.

Difficult or disordered digestion.—Excellence of Ervalenta as a diet.

Mr. Warton.—Sir, I have used your Ervalenta at intervals for more than two years. I think I can safely say that I never had a diet which more certainly agreed with me. I have recommended it to several friends, and should not hesitate to recommend it to any who complained of difficult or disordered digestion.

I do not however wish my name to be published, or in any way put into print.

With every wish for the continued success of your excellent preparation,

I am, Sir,

Your most obedient servant, **.

Begbrook, near Bristol; Sep. 4. 1846.

P. S. It seems to me a pity that you have not agents in all our chief towns.

No. 98.

Seriously alarming state of health.—The patient obliged for years to take opening medicine or use injections daily, often both.—Benefit very soon derived from Ervalenta.—The patient soon able to dispense both with opening medicine and with injections.—His general health improves: he gets a little stouter and heavier.—Ergalenta in the form of bread.—This farina agreeable to the taste.

Mr. Warton.—Sir, I beg most respectfully to acknowledge the receipt of your letter of the 29th ult., and to state that it is now about thirteen months since I commenced the use of your Ervalenta.

I had for some time previously seen your pamphlet on Constipation advertised in the public journals, and determined to read it, but deferred from time to time. At length I bought a copy; and from what appeared in it, I was induced to give the Ervalenta a trial. For years before, my health had been in a seriously alarming state. I had neglected my bowels; and the quantity of medicine I had had to take, by the direction of medical advisers, for the various attacks under which I had suffered, was immense. My bowels had become quite inert and torpid; indeed I was, and had been for years, obliged to

take opening medicine daily, or use lavements (injections), frequently both.

Such was my state when I commenced taking your Ervalenta. I was then at a salubrious watering-place on the English coast for the sake of my health; and I am happy to bear testimony that very soon after I began the use of it, I derived benefit. I had it prepared with milk in the manner directed by you, took it for breakfast and supper,—about two ounces (avoirdupois) each time,—and soon found that I could do without either opening medicine or lavements.

I continued using it in this manner twice a day for some time,—varying occasionally the mode by having a portion of it made [with wheaten flour?] into light bread [*compare No. 40*], sweetened with your own Melasse, and lightened, in proportion to the quantity made, by means of the ingredients given below, in proper quantities, and properly mixed. I ate as much of this as was equal to about two ounces of Ervalenta to a little coffee and milk for breakfast. My general health improved: I got a little stouter and heavier. After a while I began to take it for my supper only, prepared as at first. I now take it occasionally for supper, because it is as agreeable to me to take as any thing I could reasonably desire; and when I occasionally take opening medicine, it is more as a matter of precaution than as one of necessity.

If this statement be of any service to you, or to any other person suffering as I have described, I shall be very happy to have given it you. The Ervalenta I procure from James Youens and Co., 45 Ludgate Hill, London*. I need scarcely add that I am obliged to be careful of my diet, and indeed careful of my health generally, from motives of prudence.—I remain, Sir,

Your very obedient servant. *** **

{ Sesqui-Carbonate of Soda.
{ Sesqui-Carbonate of Ammonia.
{ Hydrochloric or Muriatic Acid.

Yorkshire; Sep. 12. 1846.

N. B. In a previous note the writer says:

"I shall not object to your giving to any proper party a *private reference* to me, as to the results experienced by me from the use of it."

* For Mr. Youens's present address see the title-page.

No. 99.

Constipation of nearly twelve years standing, which brought on hemorrhoids (piles), indigestion, violent pains in the bowels, and a variety of other complaints.—The Ervalenta more beneficial than all the medicine taken during the course of the malady.—By perseverance in its use the bowels are brought to act regularly every day, the hemorrhoids are entirely cured, and the patient's health and strength are much improved.—Further hope.

Dear Sir, In answer to your request, I beg to say, that for nearly twelve years I have been affected with constipation, which brought on the hemorrhoids (a most distressing complaint), indigestion, violent pains in my bowels, and a variety of other ailments, too tedious to mention.

On seeing an advertisement in a newspaper, recommending the use of your invaluable Ervalenta, I was induced to try it. I have now been using it six months, and I can confidently say I have received more benefit from its use, than I have from all the medicine I have taken during the continuance of my malady.

For a considerable time after I commenced taking the Ervalenta, my bowels were very obstinate, but by persevering in its use I have brought them to act regularly every day. I use it for breakfast and for tea. I am entirely cured of the hemorrhoids; my health and strength are much improved; but my tongue is still furred, and I still suffer from indigestion: I hope however by the end of twelve months (mine being an extraordinary case), to be perfectly cured.

I am, dear Sir, with due respect,

Yours very sincerely,

W. MAPSON.

High Street, Wootton Bassett, Wiltshire;
Sep. 15. 1846.

No. 100.

The writer afflicted for upwards of twenty years with a slight liver complaint, occasional dizziness in the head, palpitation of the heart, acidity of the stomach, and constipation of the bowels; the evacuations during most of the time being irregular and difficult, often painful. — After recovery from a dangerous illness, he still suffers partially from his old complaints.—By the use of Ervalenta he is wholly delivered from them all; and, having left it off for nearly three months, has experienced no relapse.

To Mr. Warton's Agent in the United States, for Mr. Warton of Paris.

Sir, At your request I very cheerfully make the following brief statement.

I was afflicted for upwards of twenty years preceding the use of Mr. Warton's Ervalenta with a slight liver complaint, occasional dizziness in the head, palpitation of the heart, acidity of the stomach, and constipation of the bowels; all which affections, I am persuaded, were either induced, or aggravated, by the constant use of tobacco. In particular, my habit of evacuation during the most of this period, was very irregular; my motions, I may say, were always difficult and often painful. My constitution being sound, and my health otherwise good, I very imprudently disregarded these alarming symptoms, until they terminated in an illness that nearly cost me my life. After my recovery I found myself still partially suffering from the old complaints.

I happened very accidentally, about this time, to meet with Mr. Warton's pamphlet on Constipation and the use of his Ervalenta to cure it. I commenced taking it according to the directions, and continued its use regularly, until I had consumed a package and a half. I felt the benefit of it in six or seven days, and in the end found myself *wholly rid of all my complaints*.

My great fear was, that on remitting the remedy I should relapse into my former state; but in that respect I have been agreeably disappointed, it is now nearly three months since I discontinued the use of it. I have had no return of the symptoms I complained of, and my habit is now *perfectly* good and regular.

I found the Ervalenta, after the fifth or sixth trial, very palatable; and soon grew very fond of it.

I am, respectful'y yours,

D. S. GRISWOLD.

New York, Oct. 11. 1846.

No. 101.

Several Cases.

Ervalenta good in cases of Constipation.—Several persons benefited by it.—Remarkable case of an infant.

To Mr. Warton's Agent in New York.

Dear Sir, Yours of Oct. 8. has been received and duly noticed. So far as I am concerned, it is a matter of no consequence what the Ervalenta is composed of. I know it to be a good thing in cases of constipation, and that satisfies me as to the article.

I am personally acquainted with several who have been benefited by it, and

it may be that after a while they may consent to give their names as to its good effects. If they will, you shall hear from me.

I know a case of an infant whose bowels had never been moved naturally since it was born : medicines and injections were always resorted to. Knowing the father of this child, I got him to take a small quantity, about half a pound, out of a package that I was using myself : I saw him a few days ago, and he told me the child was so much better that he thought in future it would need nothing.

As the winter season is setting in and navigation will close, I will ask you to send me fifteen packets of Ervalenta.

I remain, yours respectfully,

J. L. READ.

Pittsburgh (America), Oct. 15, 1846.

No. 102.

From Mrs. Specling.

The Ervalenta does the greatest good "to the bowels and general feelings of health".—The writer is very fond of it, and thinks it the most valuable discovery of the kind ever known.

Sir, Having taken several packets of your Ervalenta with the greatest benefit to the bowels and general feelings of health, I have been obliged, to my great regret, to relinquish it for the last few weeks, as I have put myself under the homœopathic system for the loss of taste and smell, and symptoms tending to paralysis; and the doctors of this system do not allow any article to be taken that is in the slightest degree medicinal in any of its ingredients. Every article of food must be perfectly pure and free from medicinal quality. Now, Sir, from the effect of the Ervalenta, I cannot divest myself of the idea that there is some medicine combined with it. In order, therefore, that I may feel certain how to act with respect to continuing this temporary suspension of its use, during my homœopathic course, will you as soon as possible candidly inform me whether or not it is perfectly free from medicine of any kind, and only an article of food that could not affect any kind of medicinal treatment? By doing this, you will greatly oblige me, as, if it interferes with patent homœopathic medicines, it will be easy for me to defer it for a while, and if it does not in the smallest degree, I may as well use it at the same

time, as I am very fond of it, and think it the most valuable discovery of the kind ever known.

I have made known its repute among many, and hope therefore that you will excuse this trouble, and believe me,

Yours sincerely,

H. SPECLING.

Cambridge, Feb. 8, 1847.

Note.—The answer to the question which this lady asks, will be found, not merely in our own positive declaration in the 5th Chapter of the preceding Treatise, but also in the official report, to the same effect, of the able chemist, Professor Chevalier, appointed by public authority to examine our Ervalenta and Melasse, and the very important certificat of Dr. Ure : see Chap. VI, Sect. 12. Compare also n^o 114, with the notes.

No. 103.

Case of a Lady.

Obstinate Constipation, with severe pains and extreme tenderness in the head.—Excellent effects immediately experienced from the use of the Ervalenta and Melasse.—Sustaining force, exact suitableness, and extreme importance of Ervalenta to the patient.

Mr. Warton.—Sir, I am constrained to address you, in consequence of having received intelligence from Messrs. J. Youens and Co., your London Agents for the sale of the Ervalenta, that they are without a stock of that farina, and are unable to state when they can be again supplied with it by you. They also inform me that the prohibition by the government of the exportation from France of any article partaking of the nature of food is the reason for their being now unprovided with it. I beg to inform you that my wife had long been in extremely delicate health, arising chiefly from obstinate constipation; she suffered, almost continually, severe pains and extreme tenderness in the head; and she was scarcely ever relieved except by strong medicines. In November last your pamphlet was placed in her hands by a friend; she was induced to try the Ervalenta and Melasse, and she immediately experienced their excellent effects. Although she had but three packages, she is greatly and decidedly better and stronger; but

I fear that, unless she can speedily obtain another supply, all these good and beneficial results will be lost; for she knows of nothing that she can take as a substitute. She found the Ervalenta so sustaining and so exactly suited to her wants, that she feels its loss most severely, and I believe she cannot now exist in comfort without it. I trust therefore that you will excuse my urgent entreaty that a supply may be sent to your Agents as soon as practicable, in order that Mrs. Pitcher may obtain a package from them; for unless she can quickly receive it, I believe the want of it will be attended with very serious consequences to her health.

Assuring you that it is with great pleasure and thankfulness that I speak of the beneficial effects of the Ervalenta,

I remain, Sir,

Your most obedient servant,
ROBERT PITCHER.

Lynn, Norfolk; April 10. 1847.

No. 104.

Experience of the Ervalenta.

Mr. G. having tried some of Mr. Warton's Ervalenta, wishes to obtain a supply, and begs to know whether Mr. Warton has an agent in Strasburg, and also in what manner the money is to be remitted.

Address: Rev. W. G., Baden Baden.

April 16. 1847.

No. 105.

The Ervalenta of great service.

Mrs. E. Paddon will thank Messrs. Youens and Co. to forward to her by to-morrow's train one packet of Ervalenta, and she will send them on its receipt a post-office order for 16s. 6d.

Gosport, July 1. 1847.

Mrs Paddon is convinced the Ervalenta has been of great service to her, and they are at liberty to use her name in its recommendation.

No. 106.

The writer recommends the Ervalenta.

Mr. James Youens.—Sir, I enclose you a post-office order for 2l. 7s. 8d., the amount of your bill, which I shall be glad to hear that you receive safe.

I have recommended Ervalenta to one or two medical gentlemen in the neighbourhood, and believe that they intend to give it a trial.

I am, Sir, yours respectfully.

CHAS. WHITAKER.

Symonstone, near Padiham, Lancashire;
July 10. 1847.

No. 107.

The Ervalenta found useful, and recommended in consequence.

Messrs. Youens and Co.—I will thank you to send me another packet of Ervalenta. The last I have recommended to a friend, finding it has been useful to myself. I purpose to recommend it as far as lies in my power. I enclose a post-office order.

Signed, WM. PALMER JONES.

Elm Cottage, Stech, near Petersfield;
July. 1847.

No. 108.

From R. Cattley, Esq.

Confirmation of Mr. Lyon's Attestation (No. 23).

Messrs. Youens and Co.—Sirs, I have been recommended by Mr. Lyon of Lincolnshire, to apply to you respecting an article called Ervalenta, which he has taken with much benefit: will you be so good as to forward me (by return of post) a pamphlet which he informs me you have published?

I am, Sirs, your obedient servant.

RICHARD CATTLEY.

Great Malvern, Worcestershire;
Aug. 2. 1847.

No. 109.

From a Lady.

Ergvalenta beneficial.—Desire to obtain it.

Mr. Warton —Sir, Will you do me the favour to inform me whether you have in any place on the Continent a depot for the sale of your valuable preparation, Ervalenta? for having taken it with some benefit when in England, I am anxious again to do so, if I can obtain it in Germany, Italy, or Switzerland. I have sent to London for some, but am afraid the quantity I have ordered will not be sufficient for the winter.

I am, Sir, yours respectfully,
X. X.

Saxe Gotha. Aug. 23. 1847.

No. 110.

Estimation of the Ervalenta.*

Mr. J. Youens —Sir, I had from you a package of Ervalenta in August last, and another in November last. If you still keep Ervalenta, I will thank you to send me a package, with your bill, and I will remit a post-office order for the amount by return of post. If you do not now keep Ervalenta, I will thank you to inform me where I can obtain it.—I am, Sir, your obedient servant,
JOHN FISHER.

16 St. Alban's Place, Blackburn; Aug. 28. 1847.

No. 111.

The writer accustomed to use and recommend the Ervalenta.

Messrs. Youens and Co.—Sirs, For some time past I have been accustomed to use Warton's Ervalenta and to recommend it to others. Through Mr. Nichols of Banwell I ordered a package upwards of a week before I left that place for this; but as it did not arrive in time, I am now without any, and will thank you to send me a package direct by coach.

Signed, THOS. DENHAM.

Watlington, Aug. 31. 1847.

No. 112.

Character of the Ervalenta.

Sir, I want to know your directions about getting two boxes of Ervalenta.—Is there any chance of your ever establishing a depot in Dublin? I think it only requires to be more publicly known here in Ireland: its very high price, along with the heavy expenses of its carriage, deter a great many from using it.—Is there no other way of preparing the Ervalenta than with milk or soup?

Signed, EDMOND DOYLE.

College, Maynooth; Sept. 25. 1847.

* Besides the improved directions in the new Edition of the *Instructions*, something on this head will be found in the foot-note to the 49th, and in the 41st and 93rd Attestations of this Division.

No. 113.

The patient suffers much from indigestion: medical relief only temporary: pains in the chest; flatulency to an alarming degree, causing at times pressure on the heart, and almost suffocation; continual singing in the ears; low spirits; frequent headache; great nervousness; frequent constipation; and altogether a total inaptitude for business.—The patient frequently unable to lie in bed for the flatulency; he could scarcely walk, having a giddy sensation in the head; and he became very much reduced.—The Ervalenta soon gives relief: in due time the pains, flatulency, and constipation are almost scattered to the winds; the digestion becomes tolerably good; and the patient feels quite a different person.—Ergalenta excellent for indigestion: it cannot do harm. "In liver complaints it must be of essential service, being easy of digestion, and exceedingly nutritious."—The patient considers it inestimable, and a strengthener of the constitution.

Mr. Warton.—Sir, I beg to inform you that I have received very great benefit from the use of your Ervalenta, so much so that I have been able to abstain from it for some time. To describe the symptoms under which I laboured, will perhaps be an inducement to others to give it a fair and impartial trial.

During the year 1846 I suffered much from indigestion, and, having consulted two medical gentlemen and a physician, I found the relief they afforded me was but temporary: I had pains in the chest, and was troubled with flatulency to an alarming degree, which at times caused pressure upon my heart, and almost suffocation; a continual singing in my ears, low spirits, frequent headache, great nervousness, and a furred tongue; also frequent constipation, and altogether a total inaptitude for business.

Before I had taken much of the farina I found relief, and was determined to give it a fair trial. After taking about three boxes, the flatulency subsided. I had had it to such a degree, that I frequently could not lie in bed; being obliged to rise and smoke two or three pipes of tobacco, which allayed it for the moment only; and I could scarcely walk, having a giddy sensation in my head: I became also very much reduced. I now find the pains, flatulency, and constipation almost scattered to the winds; I digest my food tolerably well (having had regard to your instructions as to not taking too much animal nourishment); and I am happy to inform you that I feel quite a different person.

Allow me to say that persons troubled

with indigestion cannot in my opinion take a better thing; for, should it do no good, it *cannot harm them*; also in liver complaints it must be of essential service, being easy of digestion, and exceedingly nutritious. I shall continually make use of it for breakfast during the winter months, as I consider it inestimable, and a strengthener of the constitution.

I remain, Sir, your obedient servant,
THOS. BELL HARDWICK.

Bridgenorth, Salop; Oct. 7. 1847.

No. 114.

Value of Ervalenta in a bad case.

We received lately from the Northumbrian gentleman whose afflicting complication of maladies is described in No. 85, and with whom we have had the honour of being in subsequent correspondence, a letter from which we think it good to extract a few lines.

"I thought it advisable to consult an eminent physician, whose medicines &c. I have used since the beginning of May last (now nearly six months), but, I am sorry to say, without having obtained the slightest benefit therefrom. As [Chap. III], paragraph 13, [now Chap. IV, paragraph 9] of your printed Instructions prohibits the use of medicine during the employment of Ervalenta*, I considered that, if I used both at the same time, the Ervalenta would be rendered null in its effects †, and therefore have discontinued the use of this latter since May last; and I have only to add, that I soon began to discover, to my sorrow, that the substitute was a

* Our worthy correspondent has incorrectly apprehended our meaning. In the first place, we formally except the case of medicine prescribed by the medical attendant; and secondly, what we do object to is merely any unnecessary use of medicine when the treatment is that of the Ervalenta; from which however it is a great mistake to infer conversely, that Ervalenta must not be used, or that its effects are of necessity nullified, when the treatment is medical. On the contrary, this farina can rarely be unsuitable, and in a large proportion of cases will render, by means of its eminent digestibility, and its excellence in keeping the bowels regular, most important aid to a treatment by means of medicine.

† See the preceding note.

very inefficient one; and the longer I continue, the worse I find myself, not only with regard to the state of my stomach and bowels, but also (as the natural consequence of the derangement of these organs) in the reappearance of a host of my former complaints, which seem to be increasing very fast."

Having spoken of the difficulty he has in finding a suitable diet, he adds :

"In fact I find nothing suit me so well as Ervalenta and cabbages ‡. I use bread, only in the evening to my coffee. I occasionally partake of a very little mutton chop, but rarely of any kind of animal food."

This letter is dated Oct 28. 1847.

No. 115.

From the Rev. W. R. Payne, Chaplain to the Royal Naval Hospital, Plymouth.

The daily necessity of using medicine superseded by Ervalenta.

Mr. J. Youens.—Sir, I will thank you to send me two packets of Ervalenta, and on its receipt I will forward you a post-office order for the amount, which I do not recollect, and I am anxious moreover to receive it without delay, as a clerical friend is to have one package, and wishes to begin it at the earliest moment. I ought perhaps ere this to have replied about the insertion of my case in the list of testimonials to be printed, but at the time you wrote I could not make up my mind to say yes. At the same time I felt, and still feel, that if, amidst a multitude of cases so strong, my name were of importance, I ought not to withhold it to this effect, (i. e.) that the use of the Ervalenta for the last three months has, by God's blessing on it, rendered me independent of medicine, whereas previously I had daily recourse thereto.

I am, Sir, yours obediently,
W. R. PAYNE.

R. N Hospital, Plymouth; Nov. 17. 1847.

‡ Compare what we have said of cabbages and other green vegetables in the Instructions, Chap. IV, paragraphs 17 and 18.

No. 116.

Several Cases.

ation.—Inactivity and want of power digestive organs and functions of zela.—Want of appetite.—Medical aid.—Happy effects of Ervalenta on lth.—As a food it is found both palatable and nutritious.—2. It is taken with advantage, and with medical approbation by the wife and two infants of the one of these being under three old.

Youens.—Sir, You require to my opinion of Warton's Ervalenta in trial:—it is as follows.

the age of 16 to 22, constipation its pernicious influence over my and enjoyments, and a premature appeared to be my inevitable destitute however rallied, but perth has never been restored.

exertion, over-study, a neglected have always produced great ind want of power in the digests and functions of the bowels. aid, strong purgatives, calomel, e been resorted to *in vain*; but, vo months ago, after these had l their usual effects, Ervalenta aled to, and *not in vain*; for, ever ave required no medicine, and excellent appetite, which had the case for many years before; I convinced that if such a remedy l employed at an earlier period fe, the evils of constipation had en experienced.

ider the Ervalenta, as a food, to palatable and nutritious.

fe, her baby under three months reast), and an infant under three age, after undergoing medical t for the prevailing fever of in-all partake of it with great ad- and with the approbation of a respectable medical practitioner.

nain, Sir, your obedient servant,

WM. DRABWELL.

1 Park, Hackney, (London:)
27. 1847.

No. 117.

r afflicted with gastritis for ten, and tion for two or three years.—By the Ervalenta his health is very much d, and he hopes will soon be quite ..

inexed is a testimonial of what I have had of you, and also of t I have received from it, which

I consider to be very great; and I hope you will be able to bring the impostors to justice, and let them have what they merit.

I am, Sir, yours respectfully,

GEO. WARNER.

Testimonial.

Sir, Having been afflicted with gastritis for ten, and constipation for two or three years, I was induced to try Mr. Warton's Ervalenta. I have used it sixteen months, and have taken about sixteen packets of it; I find my health very much improved. I have to be thankful, and I think, by continuing it a short time longer, I shall be quite restored to health.

I am, Sir,

Yours most respectfully,

GEO. WARNER.

Milford, Dec. 17. 1847.

No. 118.

Several Cases.

1. The writer (a lady) suffered from frequent rushing of blood to the head, a very disordered state of the bowels, and other more serious internal complaints; which placed her in a very critical situation. By the use of Ervalenta, all her distressing and alarming symptoms leave her, and the state of her health is completely changed.—2. Her sister, having been for some time in a very critical state of health, suffering dreadfully from internal disorders and most serious habitual constipation, experiences from it the most satisfactory results, and "enjoys new life."—3. Several members of her family derive great benefit from it while suffering from the influenza.—4. Her husband, a constant invalid, retained it on his stomach when every thing else was rejected.—5. The lady is acquainted with several persons who use it, and whose health has been greatly benefited by it.—6. Ervalenta very agreeable, and cannot, in her opinion, be too highly recommended.

Mr. J. Youens.—Sir, I consider it due to Mr. Warton's invaluable discovery to make the following statement.

My health was in a very precarious state at the time I commenced taking the Ervalenta; I suffered from alarming affections, which threatened fatal consequences: frequent rushing of blood to the head, a very disordered state of the bowels, and other *more serious* internal complaints, afflicted me, and placed me in a *very critical situation*.

I cannot be sufficiently grateful for the benefit I have derived from the use of the Ervalenta, which has produced in me the happiest effects. I am now quite another person; my head is no

longer affected as formerly; my habit of body is quite regular, it being unnecessary for me to have recourse to medicine; and in fact the state of my health is completely changed. All the distressing and alarming symptoms which I before experienced having now left me, I shall continue the use of the Ervalenta, and shall not fail to recommend it whenever I have an opportunity, having so fully experienced its beneficial effects.

My sister, who has also been for some time in a very critical state of health, suffering excruciatingly from peculiar internal disorders, and from a most serious form of habitual constipation, has obtained from the use of Ervalenta the most satisfactory results. Her health is so much improved that she now enjoys new life.

Several members of my family who were suffering from influenza, have also made use of the Ervalenta: they all derived very great benefit from it in the course of a few days, and are now quite recovered.

My husband, who has long been a constant invalid, has also taken it with advantage; this farina remaining on his stomach when, in consequence of his very weak state, all other food is rejected. (*Compare* No. 33.)

We find the Ervalenta very agreeable, very sustaining, and extremely nutritious.

I am acquainted with several persons who make use of this farina, and whose health has been greatly benefited by it.

This valuable article cannot in my opinion be too highly recommended, and I shall be happy if this letter should assist in making its merits known and estimated.

I am, Sir,

Your obedient servant,

MARY FERRERS.

10, Marylebone Street, Golden Square,
London; Dec. 23. 1847.

No. 119.

Several Cases.

1. The writer was subject for many years to serious bilious attacks, had a liver complaint, and suffered much from constipation. — Having tried Ervalenta and Warton's Melasse, he finds his health generally much improved, and requires no medicine: he is confident too, that, by continuing that farina some time longer, he will be restored to perfect health. — 2. Many persons of his acquaintance have derived the greatest benefit from Ervalenta, which he regards not only as a pleasant and very nutritious food, but also as in most cases rendering medicine unnecessary.

Dec. 23. 1847.

Mr. J. Youens — Sir, I very willingly consent to give my testimony as to the merits of Warton's Ervalenta and Melasse, from the use of which I have derived great benefit, although I have only taken them for a short time.

For many years I was subject to serious bilious attacks. I had also a liver complaint, and very frequently was obliged to take medicine to relieve the bowels, as I suffered much from constipation. Since I made the happy experiment of Warton's Ervalenta and Melasse, my health generally has greatly improved; I require no medicine, my bowels being now in a perfectly regular state; and I have full confidence that, by continuing the use of the Ervalenta for some time longer, I shall be restored to perfect health. I know many persons who have derived the greatest benefit from the use of Ervalenta, which I consider to be a most valuable discovery, as, besides being a pleasant and very nutritious food, it also renders, in most cases, medicine unnecessary. I feel confident that Mr. Warton's system need only be known and fairly tried, to be duly appreciated and valued.

I am, Sir, your obedient servant.

LEONARD JESSE.

North Newton, Pewsey, Wiltshire.

N. B. For an Attestation of the beginning of 1848, which arrived too late to be inserted here, see the Notes at the end of Chapter VI.

II. FRENCH DIVISION.

TESTIMONIALS OF MEDICAL MEN.

No. 1.

Legalised Certificate of J. P. T. BARRAS, M. D. of the Faculty of Paris; Knight of the Royal Order of the Legion of Honour, Member of the Royal Academy of Sweden, of the Medical Society of Emulation, and of several other Learned Societies; Honorary Physician of the Prisons of Paris, and of the Administration of Charity of the Eleventh District (Arrondissement) of that City; Author of the "Traité sur les Gastralgies et les Entéralgies; ou Maladies Nerveuses de l'Estomac et des Intestins".*

Several Cases.

Great benefit from the use of Ervalenta.—Its innocuous nature.

I the undersigned, Doctor of Medicine, Knight of the Legion of Honour, certify that several patients to whom I have recommended the use of Mr. Warton's *Ervalanta*, have experienced great benefit from it. I further attest that this alimentary and medicinal substance has not, to my knowledge, done harm to any one, and that I believe it to be incapable of injuring.

In testimony whereof, I have delivered the present, to bear witness to the truth, and be of lawful use.

Signed, BARRAS, M. D.

Paris, (rue St. Lazare, no. 56,) June 30. 1843.

No. 2.

Certificate of A. CLAISSE, M. D. of the Faculty of Paris.

Several Cases.

Habitual Constipation arising from chronic affections of the digestive organs.—The effects of the *Ervalanta* very good.

I the undersigned, a Physician residing at St. Valérien, Arrondissement of Sens (Yonne), certify that I have recom-

* In this Division, as elsewhere in speaking of foreigners, the term *physician* must be understood, not in its peculiar and distinctive, but in its general sense, as equivalent simply to *medical man*.

mended the use of Mr. Warton's *Ervalanta* to several persons affected with habitual constipation arising from chronic affections of the digestive organs; and I declare that the effects have always been very good.

I have written this in order to bear witness to the truth.

Signed, A. CLAISSE.

Paris, June 30. 1843.

No. 3.*

Testimonial of L. HUSSON, M. D. of the Faculty of Paris.

Several Cases.

Ervalanta beneficial.

Madame F. uses the *Ervalanta* by my advice, and finds it beneficial.

I mentioned it to her in consequence of several trials made on other patients, consented to by themselves, and of which several non-medical persons had suggested to me the idea, because they themselves assured me they had derived benefit from the use of this farina.

I have tasted and examined it; superficially, it is true; but, according to its taste and effects, I regard it, not as a medicine, but as an aliment possessing a laxative property, which should sometimes be assisted by relaxing agents in food and drink.

Signed, L. HUSSON.

Paris, rue Richelieu, No. 45; Jan. 30. 1843.

No. 4.

Letter from L. PETRON, M. D. of the Faculty of Paris.

Great benefit derived from *Ervalanta*.

To Mr. Warton, rue Richelieu, n^o. 68, Paris.

Lisieux, March 22. 1842.

Sir, Having had opportunity to appreciate the twofold quality, nutritive and laxative, of your *fecula* the *Ervalanta*, I recommended its use to one of

* For the testimony of Dr. Jacquin see the Note at the end of No. 11.

my patients, who received great benefit from it : I am desirous of trying it in the case of a member of my family who has been subject for a number of years to habitual constipation. Your prospectus announces that you furnish a packet gratis to medical men who wish to submit it to the test of experience : if you would be so obliging, I would thankfully avail myself of your offer, and would exert myself to make known for the future, in this part of the country, so useful a discovery.

Receive the assurance of my particular respect.

Your devoted servant,
L. PETRON, D. M. P.
Lisieux (Calvados), rue d'Orbec.

No. 5.

*From H. TUEFFERD, M. D.
of the Faculty of Paris.*

The Ervalenta found beneficial.

Sir, Two ladies who inhabit the part of the country in which I practise procured Ervalenta from you by my advice, and found it beneficial. Encouraged by this trial, I have now to request you to send me by the quicker wagon three packets of that substance.

In case of my continuing to be satisfied with it, I shall promote its use in my neighbourhood.

I have the honour to salute you.

H. TUEFFERD, JUN., D. M. P.
Montbéliard (Doubs), July, 4. 1843.

No. 6.

From D. RAGINE, M. D. of the Faculty of Paris. Physician in Chief of the Hospital and Prison of Mortagne, and Physician of the Epidemic Diseases of the Arrondissement.

Convincing nature of the evidence offered in favour of Ervalenta, even in the old form of this Work.*

Sir, There are some of my patients who would like to use Ervalenta, but, before they do so, wish that I should have tried it.

For myself, the Attestations and the report of M. Chevalier, by which your pamphlet is confirmed, have entirely convinced me; but unhappily certain

* By "the old form of this Work," without further addition, we mean the 19th—23d Editions.

non-medical persons often need proof within their own knowledge.

If you consent, Sir, to make the sacrifice of a packet of Ervalenta by confiding it to me, in order that I may make trial of it, have the goodness to give it to my messenger; who will take it at his second call, in order to give you the time to make the inquiries you may think necessary.

Accept, Sir, the assurance of the particular respect with which I have the honour to be, your obedient servant,
D. RAGINE, D. M. P.

Mortagne, June 28. 1844.

No. 7.

*From E. A. JACQUES, M. D.
Medical testimonies to the Ervalenta.*

Sirod (Jura), Jan. 17. 1846.

Mr. Warton,—On the strength of the good testimonies given by many medical men to your fecula the Ervalenta, I shall be obliged by your forwarding me two packets. If it answers my expectation, I shall have the pleasure of making fresh applications.

Accept, Sir, the sentiments of respect with which I am,

Your obedient servant,
E. A. JACQUES, M. D.

My address is : "chez Mr. Grandruinet, facteur rural à Champagnole (Jura)".

No. 8.

From DR. RAOUX.

Obstinate and habitual Constipation.—The patient eighty years of age.

Sir, With the object first of giving you pleasure, and then of bearing witness to the double property, nutritive and laxative, of the Ervalenta, I am glad to add my testimony to those which you possess, already so numerous, with respect to this so beneficial fecula.

Mr. M., Judge of the Tribunal of P., of a sanguine temperament, with a predisposition to apoplexy, and of the age of 80, had been subject for many years to an obstinate constipation, which he was able to moderate only by laxative injections, or by manna dissolved in milk, which he took as medicine. Having been advised to use Ervalenta, he has seen his constipation destroyed as if by enchantment, and daily thanks me for having recommended him to use it.

I should be delighted if this circum-

stance should be of use towards retaining in the market this valuable aliment.

Accept, Sir, the assurance of my most particular respect.

RAOUX, M. D.

St. Marcel (Ardèche), Sep. 19. 1846.

No. 9.

From A. CULIS, M. D. in Belgium.

Happy effects of Ervalenta in a case of chronic Gastritis accompanied with habitual and obstinate Constipation.

Mons (Belgium), Oct. 11. 1846.

Sir, In your letter dated Sep. 14, you request of me a testimonial of the effects I have observed from the use of Ervalenta in cases of chronic gastritis. In order to satisfy you, I have thought I could not do better than address myself to the Countess De M., who has made use of it with much success. She was on a journey, which has been the reason of the delay in my answering you. I annex the details she has given me in writing: they are correct, according to what I observed when she was suffering from her digestion. Other persons to whom I had recommended its use have not been able to tell me any thing, as they abandoned it immediately.

Accept, Sir, the assurance of my most particular respect.

(In haste.) A. CULIS, M. D.

Written statement above referred to, from the Countess De M.

"For several years I had been unwell in my stomach. My digestion was slow and very difficult, causing me, almost

daily, from four to five hours after my meals, extreme weight, together with pains which seemed to go up into my head. To these unpleasant symptoms succeeded extraordinary heats in the stomach, and a continual constipation which resisted all means. This state of suffering increasing continually, I was advised to take Ervalenta, which after a short time calmed the inward heats, allayed the pains in the stomach, facilitated the digestion, and restored to the body its natural functions without any other help.

Mons (Belgium), 1846."

No. 10.

*From the Physician of the Monastery of,***.*

Constipation.—Good effects of Ervalenta.—Improvement of the general health.

*** Dec. 7. 1846.

Sir, The Rev. Father Y Y continues to make use of your natural agent, by means of which he preserves himself from constipation, but which he cannot yet do without, notwithstanding that for the last six months he has not suspended its use for more than some days. For the rest, his health continues to be better, as it began to be from the time he commenced using the fecula called Ervalenta. Be so good then, if you please, as to send us two more packets, for the value of which you will find an order enclosed.

I have the honour to be, Sir, with every respect, your most humble servant,

Brother X. X.,

Physician of the Monastery.

GENERAL ATTESTATIONS.

No. 11.

Testimonial of Madame M.: see the concluding paragraph and the Note.

Paralysis.—Habitual Constipation.—Sleeplessness.—Vertigo.—Irritation of the stomach and bowels.

Note: Testimony of DR. JACQUIN.

Paris, May 10. 1842.

To all whom the subject may interest.
For the last eight years I have been

affected with paralysis of the whole of the right side. From the commencement of that long period. I have been afflicted with a painful constipation, very obstinate, and extremely difficult to endure. I was constrained by affections so serious to have recourse, in order to obtain relief, to all the resources of the medical and apothecary's art. But, in consequence of the remedies I used in order to oppose the constipation, I experienced sleep

lessness, vertigo, and irritation of the stomach and bowels to such a degree, that, during these years of suffering, it often seemed to me that the moment was not distant when I should sink under my pains.

It is now six months since I began to use Ervalenta, and I still continue to employ it. Since I have made use of it, I have quite left off all purgative and laxative medicines, as well as injections. The result is such, that I find myself, as it were, regenerated: I have now no more privation of sleep, no more vertigo, no more irritation; and, were it not that I still feel almost continual nervous pains and a paralytic stiffness which constantly impedes the movements I wish to make, I should think myself in my normal condition.

I must however acknowledge, that in my paralysis there is a *striking* amelioration since I have made use of Ervalenta; whence I think I may legitimately infer, that, as the cure of that malady has already made great progress without any relapse, I shall approach still nearer to a perfect cure by continuing to employ the same agent. I am even greatly disposed to believe that, were I not at so advanced an age (66 years), I should be completely restored to health.

Supposing, nevertheless, that this so much desired day should never arrive, it will still be true that my paralytic state is much improved and continues to improve daily; that I am become as it were younger; that I have a fresh complexion which I had not had for many years; that my health is no longer exposed to those numerous and serious derangements which it suffered from all sides during the eight years which preceded the use of the Ervalenta; and that, possessing a force to which I was a stranger during that long period, the same hurtful causes no longer produce on me the same injurious effects. Hence life is now no longer a burden to me; I am, on the contrary, cheerful, and, I must say, comparatively happy.

Being an invalid, I cannot, at my age, without resigning myself to speedy death, receive the innumerable visits to which the publishing of this attestation with the mention of my name and residence might give rise; for which reason I cannot make myself known to the public; but, wishing to do all the good

I can for suffering humanity without sacrificing my life, I have requested my medical adviser to receive the visits of the public for me. He will shew by convincing proofs that this attestation is supported by the reality of the facts themselves, and will give to those who desire it, every satisfaction with regard to the details of my disease, and all the information they can desire concerning my cure.

Note.—The medical adviser referred to is J. JACQUIN, *M. D. of the Faculty of Paris*, resident at No. 6, rue d'Amboise in that city, formerly Surgeon in the Army and in the Military Hospitals, and the same who in an article in the *Journal des Débats* of July 2. 1842, declares generally, as the result of experience, *that the effects of the Ervalenta have been of the most satisfactory kind.*

No. 12.

Noises in the head and ears. — Permanent foulness in the digestive passages.

Mr. Warton, Rue Richelieu, no. 68, Paris.—Sir, Having been subject for some years to a constipation more or less obstinate, I have been obliged to have constant recourse to injections and purgatives; but being tired of these ineffectual means, I took advantage of the circumstance of your Ervalenta having been mentioned to me, and began to make use of it in October 1841. Natural evacuations took place during that month, and although I used it only for a month, they continued during a part of the winter: they then gradually ceased, and the constipation reappeared as obstinate as ever.

This new state of things having become complicated with noises in the head and ears, and a rheumatic pain affecting the left side from the hip to the lower part of the leg, as also with permanent foulness of the digestive passages, I returned again, on the 1st of May last, to the daily use of Ervalenta as a part of my food; and accordingly the constipation and the other disorders I have mentioned have disappeared; with the exception, however, of the nervous

affection, which increases in intensity and is very painful. In the evening I rub the left side, and I exercise it daily by walking two or three leagues, but have not experienced any alleviation from these mechanical means.

Uncertain whether I ought to endeavour to combat this affection by purgatives, or whether I should confine myself to the Ervalenta system, whose effects on the bowels appear capable of putting an end to it, I beg you, Sir, to aid me by your advice on this subject, as I wish not to act contrary to the instructions given in the little books which accompany the packets of Ervalenta.

I was in the army thirty-two years, and have retired four years; I am now 54 years of age.

I think it proper to observe that this left side of which I have spoken, was severely bruised 25 years ago, in consequence of a violent fall from a horse on that side; yet I have never felt pain in it since that time.

I have the honour to be, with the greatest respect, Sir, your very humble and obedient servant,

The Baron BRADY DE LOGTHÉE.

Paris, Place Royale, No. 13; June 21. 1842.

No. 13.

Gastritis.—Digestion very laborious.—Habitual constipation.—Melancholy.—Agitated sleep.—Heaviness of the head.—Foulness of the mouth.—Heavy eyes.—Hardness of hearing.—Loaded stomach.—Bowels resisting and painful.—Sides hard and full.—Acid eructation.—Shortness of breath.—General indispotion.

Sir, I know not how to express to you my gratitude, nor in what terms to speak of your valuable Ervalenta; so sovereign a remedy has it been for me.

At the age of twenty-nine I was attacked with gastritis. For fourteen years I felt the symptoms of that disease. I was constantly on diet, always constipated, and forced every three days to use an injection. My digestion was inexpressibly laborious, I was always sailing, and my sufferings had rendered me continually melancholy. During the last three years I was four times seriously ill, always of gastritis, without ever being cured.

By the effect of a fortunate chance, I saw in the *Siccle* (newspaper): "*No more Constipation: - no more Injections:*

—no more Purgatives." These words struck me forcibly; for during fourteen years constipation had been my torment. I immediately informed my brother, who resides in Paris, requesting him to go and consult you: some days after, viz. May 28, I received a packet of Ervalenta. When it arrived, I was constipated as usual, and was obliged to use an injection before I could take supper. The same evening I had a pottage made with this farina; I found it very good. I was in the habit of supping on panada or hasty pudding, both of which disagreed with me; I digested them with difficulty, and my sleep was always agitated. That same night I slept soundly, and my digestion was unaccompanied with pain; and since the 28th of May, the day I received the parcel, I can unhesitatingly say with you: *No more Constipation: no more Injections: no more Purgatives.*

The symptoms of my disorder, besides the above, were heaviness in the head, foulness of the mouth and tongue, heaviness in the eyes, difficulty of hearing, a loaded stomach, resisting and painful bowels, full and hard sides, acid eructations, shortness of breath, excessive constipation; in a word, disease from head to foot. Well, Sir, of all this I have nothing left but the recollection, except that my tongue remains furred; but I may hope that this also will ultimately return to its natural state.

For my supper, I take every evening at the same hour 80 grammes (rather more than 2½ English ounces) of Ervalenta; in consequence of which I have a copious motion, without effort and without looseness. Accordingly my body is light, and my voice much more sonorous than before I used this farina. Having experienced a change so extraordinary and so sudden, I was near losing my senses with joy.

I eat no meat, and always mix my wine with water. I shall use Ervalenta as long as my tongue is furred; for the tongue is the index in all diseases.

For having rescued me, by means of your excellent Ervalenta, from so cruel a disorder, accept, Sir, my most sincere thanks, and believe me, with the greatest respect, your obedient servant,

GARDECHE, NICOLAS-FRANÇOIS.

Reims (Marne), rue de Chativelle, No. 32.
June 28. 1842.

See also No 16.

I have been very sensitive and very susceptible of the bad effects of cold, which exercises on me, and particularly on my head, a very pernicious influence. As soon as I am affected by it, the pores close, and the perspiration ceases.

In this respect the good season has always been very favourable to me, and it is for this reason that I told you that I could not perfectly judge of the goodness of your remedy for me, until after the winter, the time when I especially experience the bad effects of constipation.

I desire, Sir, that this testimony on my part may be satisfactory to you. As much as I detest charlatanism with its lies, so much I respect an honest skill applied to the good and needs of humanity.

Accept, Sir, the assurance of my sincere respect.

L'ABBÉ * DURANTON,
Curé (Incumbent) of Armeau.

Armeau (Arrondissement of Joigny, Yonne),
Sep. 19. 1842. †

Another testimonial of M. l'Abbé Durantont, of the date of June 28. 1843, is printed as Att. 13 of the old form of this Work†. See also Nos 29 (7th case) and 66 of the present Edition.

(N.) No. 19.

The Ervalenta does much good.

Sir, My mother makes use of your Ervalenta, and finds it do her much good. The last packet she sent for is nearly finished, and she would wish to have another. Pray be so good, therefore, as to send a packet to the diligence, as soon as you receive this.

Signed, TH. DUCHAF.

Bourges (Cher), April 3. 1843.

No. 20.

Diarrhœa.—Retention of the Urine.—Sleeplessness.—Extreme debility.

Hery, May 23. 1843.

Sir, I am happy to inform you that your Ervalenta has been of remarkable

* A title given to Priests.

† Testimonials dated Oct. 2 et Dec. 20. 1842 are mentioned in the Notes to Nos. 27 and 25 respectively. One of the date of Jan. 30. 1843 is among the "Testimonials of Medical Men". See also No. 38, and the Notes at the end of Chap. VI.

‡ See the note to No. 6.

use to a young man in the part of the country where I reside. He had been given up by the medical men, and was in a deplorable state. He suffered from a diarrhœa which forced him to go to stool four or five times a day, a retention of the urine, an absence of sleep, and a prostration of strength.

At present the diarrhœa has ceased, as well as the retention of urine; and he performs these two functions like a person in sound health. What remains is a great spitting which causes him great efforts. In fine, if your Ervalenta restores him altogether to health, it will have performed a great miracle, and this one cure will suffice to give it the reputation you appear to desire.

Accept, Sir, the salutations of your humble servant,

MALET, *Retired Captain.*

At Hery, Canton of Seignelay, Department of Yonne.

(Compare No. 29, 2nd case.)

No. 21.

Difficult digestion.—Habitual constipation.

Sir, I received and have almost finished the packet of Ervalenta you did me the honour to direct to me: it has done me much good in this that I digest much better, and have scarcely any more wind on the stomach; but it has not brought the alvine evacuations right, and the constipation reigns still, although less strongly.

I have quite suspended all injections and ptisans.

My intention is to try another packet, in order to see if it will cure me radically. I shall be obliged by your directing it in the name and to the address of M. Gargnon, shopkeeper at Sisteron (Basses-Alpes). Signed, SIGNORET, *Curé.*

Melve, Arrondissement of Sisteron (Basses-Alpes); June 1. 1843.

(N.) No. 22.

Ervalenta beneficial.

Sir, The packet of Ervalenta which I received on the 6th of May having produced a good effect on the person for whom I had applied for it, I have to request you again to be so good as to send me, as quickly as possible, 1. a packet of Ervalenta, and 2. a bottle of Melasse.

Signed, XUTSAT, *Postmaster.*

Delemont (Switzerland), June 13. 1843.

No. 23.

Constipation during twelve years.—Slow and difficult Digestion.—Frequent sick headaches.—Habitual oppression of the head.—Study painful.

Paris, June 26. 1843.

Sir, I have used your fecula the Ervalenta for about eight months, and I suppose you will be glad to learn the result I have obtained from it.

Slow and difficult digestion, frequent sick headaches, and an habitual oppression in the head which rendered the labour of study very painful to me, but above all an obstinate constipation which had resisted every remedy and every system of diet for twelve years,—such, Sir, were the affections which caused me to have recourse to the Ervalenta, after consulting my physician, who allowed me to try it. I confess that, disheartened by so many other useless trials, I made this with little confidence; but I was agreeably surprised to experience its beneficial effects from the fifth day, when the natural evacuations took a sufficiently regular course. Encouraged by this first success, I persevered, and at the present time, without being able to say that I am cured, I must acknowledge a decided improvement in my state of health. If my stomach still requires much care on my part, it is true on the other hand that my evacuations are become almost daily, except on those days when my digestion has been disturbed. The sick headaches are less frequent, and the ability to study has returned, in spite of a too continued application, which, I have no doubt, must have greatly counteracted the effect of my treatment. I am therefore resolved to go on with it, animated as I am with the hope of a more complete cure. At any rate I can attest with confidence the efficacy of the Ervalenta against constipation, since I had been unable till then, to discover any laxative article of food [i.e. which answered his purpose]. Hence I do not hesitate to recommend its use to all whom I know to be afflicted with this disorder.

Until I am able to inform you of new successes, accept, Sir, the assurance of my respect.

L'ABBÉ WARNET, *Director at the Seminary of the Holy Ghost, Rue des Postes, No. 26.*

I am quite ready to confirm by word of mouth the testimonial I here give;

and you may refer to me, for this purpose, the *incredulous* whom you may not have been able to convince.

I have however to complain continually of great irregularity in my digestion. I shall come shortly to talk with you about it.

No. 24.

Different Cases.

Habitual Constipation.—Insupportable pains in the head and stomach.—Incapability of sleeping during nearly 35 years.—The limbs continually in a burning state.—Internal and continual pains.—Dimness of sight.—Other cases.

Sir, A constipation which for more than 12 years had resisted every method of treatment,—insupportable pains in the head and stomach,—added to a sleeplessness which for nearly 35 years * had not allowed me to close my eyes,—a constant burning heat in my limbs, lastly, Sir, internal and continual pains: such was my state before using your Ervalenta and Melasse.

The effects of these substances have been so extraordinary that, from being delicate and sickly, I am become well and active again, and my friends agree in saying that they never saw me in such good health.

All those of my acquaintance who, like myself, still employ your Ervalenta and have used the Melasse, experience from them the most satisfactory results, and will continue their use, even in health, regarding them as agents of the most salutary kind they have experienced. All congratulate themselves on the fortunate discovery, and think you will (be able to) preserve to the suffering part society so of beneficial an agent.

Thanks then, Sir, to your Ervalenta, I hope, notwithstanding my sixty-six years, to prolong an existence which, from being painful and distressing, as it was, is now very supportable; for the headaches, the dimnesses, the internal pains, and I may almost add the sleeplessness, have long disappeared; but notwithstanding these happy results, I shall nevertheless continue the use of your farina, as the best security against a relapse.

Accept, Sir, with the expression of my lively gratitude, the assurance of the

* This perpetual inability to sleep was occasioned by an accident when the author of this letter was in the army of Napoleon.

high respect of your most humble servant,

GENTIL, *Proprietor.*

Quai du Roi, Chemin du Halage, No. 12,
Orléans (Loiret); June 28, 1813.

Note.—In this document M. Gentil confirms an Attestation he had sent us *eleven months* before, dated July 9, 1842, and to which we have already given publicity in the old form, in the 18th and some preceding Editions, of this Work.

No. 25.

Habitual Constipation.

Sir, For more than five-and-twenty years I have eaten and supported myself without having the help of a single tooth in my mouth, and from the beginning of this period I was continually in a most painful state of constipation, unable to relieve myself (of the result) of three, and often four, days' digestions without the aid of the Scotch pills, which continually left me in the same difficulty again. I at length found alleviation in your very agreeable Ervalenta. I had used it only four days, when I found myself relieved; and for the last eight or nine months, during which I have taken it every morning, I have not failed a single day to visit the water-closet, and this without effort or pain, even when my digestion the day before has been very difficult, in consequence of the imperfect mastication which the food I take undergoes.

Having reached the age of 80, I have promised myself never to change this excellent pottage, even after a perfect cure.

I think, Sir, that, for the benefit of mankind, you cannot too much recommend the use of this excellent farina, employed according to your directions.

I am much obliged by your care in forwarding it to me, and beg you to accept the expression of the sincere respect of your devoted servant,

The Chevalier DE MONTREUIL.

Sagy-par-Vaux (Seine-et-Oise).
June 28, 1843.

Note.—In this document the author confirms an Attestation he had sent us *six months* earlier, of the date of Dec. 20, 1842, and which contains the following passage:—

This breakfast is so superior to the other pottages of which I have made use for many years, that it is my intention to continue it during the rest of my life.

No. 26.

Constipation of twenty years standing.—Apoplectic attacks.—Paralysing cramps.—Indescribable pains in the loins.—Faintings.—Inability to remain in any position.

Sir, If my declaration can contribute to inspire confidence in the use of the Ervalenta, I hasten to inform you that it has produced on me a miraculous effect; for I had been afflicted ever since the age of 50 (I am now 71) with an habitual constipation which kept me four, five, and even six days without going to the water-closet. I need not tell you, Sir, the sufferings I endured when the unavoidable moment of evacuation arrived. I have had thence apoplectic attacks which have kept me whole hours without giving sign of life; then paralysing cramps and indescribable pains in the loins, without being able to walk or raise or turn my head without fainting and falling, being unable to remain in any posture.

It is principally since 1832 that these disorders had become more intense, notwithstanding the use of injections, purgatives, baths, and pills. All these things gave me but a momentary relief. I was really despairing of obtaining a cure, when I saw among the pages of advertisements the *Exposition of a very easy Natural Means of overcoming Constipation*. I immediately employed it, and during ten months that I have done so, have enjoyed, as I do now, perfect health, with the use of all my limbs.

I must, however, mention, and to the credit of the Ervalenta, that, after using it for four months, believing myself out of danger, I gave up its use: scarcely, however, had five weeks elapsed, when all my preceding disorders returned to oppress me. I was obliged to return quickly to the Ervalenta, which, thanks to God, again saved me; and for the four months which have elapsed since I returned to it, I have been quite restored. I shall continue to employ it as an alimentary substance, feeling how much good it does me.

I confess that, the second time, I followed more exactly the regimen recommended in the instructions; which I had not very carefully done at first.

It is, then, with well-merited gratitude that I beg you to accept, Sir, my sincere thanks, and believe me, with the greatest respect,

Your most humble and greatly obliged servant,

F MORIN,

Retired Officer, Knight of the Military Orders of Saint-Louis and the Legion of Honour, residing at Choisy-le-Roi.

Choisy-le-Roi, June 28. 1843.

No. 27.

Obstinate Constipation for ten years.

Sir, It is with the greatest pleasure that I inform you of the good effects produced on my health by the use of your Ervalenta and Melasse. You are aware that I had been afflicted for ten years with so obstinate a constipation that no remedy produced any further effect. Well then, since I have used your means daily, I find myself very well; and I thank you for your good advice.

Receive, Sir, my hearty salutations.

L. ROBETTE, *Merchant Brewer.*

Boussu near Mons (Belgium); June 28. 1843.

Note.—In this document Mr. Robette confirms a testimonial we received from him *eight months* earlier, dated October 2. 1842, and to which we have already given publicity in the old form, in the 18th and some preceding Editions, of this Work.

No. 28.

Four Cases :

in the first the Ervalenta prescribed by Dr. Delarocque of Rouen.

- 1st CASE.—Gastritis (see No. 37).—Habitual Constipation.—Bad Digestion.—Violent pains in the stomach.—Fearful emaciation.—Extreme flatulency.—Pains from the stomach to the throat.—Dreadful colic.—Noise in the ears.—Almost continual spitting.—Pain in one thigh and in the knee.
- 2nd CASE.—Gastritis during twenty years.
- 3rd CASE.—Gastritis during five years.
- 4th CASE.—Intense habitual constipation.

Sir, Your esteemed favour of the 27th inst. has just reached me; and not being certain whether it is for the 1st or for the 4th of July that you are summoned (the figure not being legible), I lose no time in answering you. May my testimony be of service to you : no one

is more useful to humanity than yourself.

The cause, Sir, which led me to make the happy discovery of the Ervalenta for my son, was as follows. About Easter 1842, this young man, then 21 years old, who had never been guilty of any excess (I might even say, the least irregularity of any kind),—having always enjoyed very good health, and having a good appetite, began to suffer from bad digestion; which, up to the beginning of September, increased gradually : from that time the progress of the disorder was more rapid; constipation commenced, pains in the stomach came on, and emaciation showed itself in a fearful manner. Then, by the advice of the medical men, leeches were applied to the pit of the stomach; we employed poultices and ointment (of tartrate) of antimony; and the patient observed scrupulously the regimen prescribed him, and took no articles of food but those which were accounted the lightest and most suitable.

All these precautions, with the exception, certainly, of some intervals when he felt himself better and recovered a little flesh (the constipation, however, not ceasing during this period); all these precautions, I say, did not prevent his falling into the most deplorable state. In the beginning of April the constipation redoubled its force; injections had scarcely any effect; the pains in the stomach were more violent; an immense quantity of wind, which came away sometimes upwards, sometimes downwards, and of which at times he could not rid himself, made him suffer cruelly : to all this must be added pains from the stomach up to the throat, colic at times dreadful, noise in the ears, an almost continual spitting, a pain in one thigh, for which we made use of frictions for a long time, and a pain in the knee.

I then consulted for the second time Dr. Delarocque of Rouen [M. D. of the Faculty of Paris]; who fortunately, as may be seen by his prescription*, ordered the use of Ervalenta. The effects of this farina were, from the commencement, wonderful : no more bad digestion; at the end of two or three days the constipation ceased, and the patient entirely discontinued the use of injections; his appetite rapidly

* Printed with this Attestation, which is the 21st, in the old form of this Work.

increased; and, after having dined for some time, and with great success, on green vegetables (*in the morning and evening he took Ervalenta prepared with milk*), he ventured to take meat at dinner. He partook for some time of boiled beef, and this for several weeks: he then began to recover his flesh in an astonishing manner. This made him a little too bold; I observed to him several times that he made too good a dinner; he ate also too much fat, as I also remarked occasionally to him; perhaps too he mixed a little too much wine in his water, and ate rather too much bread: it was rye-bread; he thought there was no danger in eating a good piece of it.

Then the constipation shewed itself by degrees; indigestion followed; and soon he lost again the flesh he had recovered by the use of the Ervalenta, and experienced the sufferings with which he had been afflicted at various other periods. He was obliged to return to Ervalenta, subsisting entirely on it, and moreover, to use it in very small quantities; to this farina he adds a little of the Melasse you sent me some days ago.

This regimen has already been as beneficial to him as one can expect: he suffers no more pain; the constipation has ceased; he has several times taken at dinner a little meat-soup, which he digests well, and he has begun to increase his portion of Ervalenta. In a word, my dear Mr. Warton, I bless you every moment for having procured my son so great a relief. If, as I hope, I am able to save him, it is to you that I shall owe his life.

If, Sir, you do save my son's life, it will not be the only good you will have done in our part of the country. My brother, Louis Foucault (see No. 33), who resides here, and of whom I have already spoken to you,—although far from having been reduced as low as my son, had nevertheless suffered greatly from a gastritis with which he had been afflicted for the last 20 years. The Ervalenta, which he employed after seeing Dr. Delarocque's prescription, has done wonders for him; he is in as good health as one can desire.

Another person, a poor girl, named Marie Mesnil, of St. Clair de Halouze, in the Arrondissement of Domfront, who had been forced by gastritis to keep her bed almost continually for five years, and who by my advice has also made use

of Ervalenta, was wonderfully relieved in a very short time.

Another person, too, of this place, named Nicholas Dugué (rue d'Argentan), an invalid of many years' standing, having heard how much good the Ervalenta had done to my son, wished also to try it. This man, constipated in the highest degree, who in spite of often repeated injections had been eight days without being able to visit the water-closet, did so after only once using Ervalenta, and that the next day. He takes this farina twice a day: he finds it suit him very well, and does without injections altogether.

I have the honour to be, Sir, with respect and gratitude,

Your most humble servant,
FOUCAULT-DESNOS, *Merchant*.
Flers (Orne), June 29. 1843.

(See also No. 37).

No. 29.

Seven Cases.

1st CASE.—Extreme Constipation.—Pains in the bowels.

2nd CASE.—(No. 20, *which see*).

3rd, 4th, and 5th CASES.—Praises of Ervalenta.

6th CASE.—Gastritis.—Laborious Digestion.

7th CASE.—(No. 13, *which see*).

Sir, In reply to your letter, in which you request me to inform you of the result produced by the farina which you call Ervalenta, it is as follows.

I was afflicted with constipation, and went to the water-closet but once in eight or ten days. I often experienced pains in the bowels, and a feeling of indisposition which, without my being ill, made me apprehensive of the future. Since I have used the farina, I go regularly every day, and have experienced a remarkable comfort:—so much for myself.

The Sieur (Mr.) Gamard, a baker of my district (*commune*), has a son whose life was despaired of (*see No. 20*): since he has employed your farina, he is much better; his retention of urine has quite disappeared. He had a cough which caused him a good deal of expectoration and prevented his resting at night; now he sleeps soundly, he coughs and spits much less, and his friends hope, by continuing the use of your farina, to see him quite cured.

Madame Fino, Mademoiselle L'éger, and M. Bernard, a rich proprietor—these three in their several positions, are

continually extolling the benefit they have derived from your farina.

M. Fabier, *Curé* (Incumbent) of Héry, attacked with gastritis, could not eat things difficult to digest. Since he has taken your farina, he eats anything and everything; his digestion is performed with great facility, and he no longer suffers any pain.

M. Fabier, our *Curé*, has authorized me on his own responsibility, to inform you that M. Duranton, *Curé* at Armeau, afflicted with gastritis (*compare* No. 18) finds himself much better since he has made use of your farina. (*See also* No. 66.)

In short, all are agreed: those who have used it say nothing but what is good; not one speaks of it unfavourably.

If you think that my letter can be of use to you, I certify its contents, because they are agreeable to the truth.

Accept my respectful salutations.

MALET, *Retired Captain,
Knight of the Legion of Honour.*

Héry, (near Seignelay, Yonne;)
June 29. 1843.

No. 30.

Habitual Constipation.—Headache.—
Debility, &c.

Sir, The kind of disorder which made me have recourse to the Ervalenta, is an habitual state of constipation, which for a length of years has rendered life burdensome to me, by the melancholy consequences which follow in its train, such as headaches, debility, &c.

As to the effects produced on me by this fecula, I cannot say they are so complete as I could desire, for I am still far from being radically cured; but what I can say is, that I have to congratulate myself on having had recourse to this agent, which was strongly recommended to me by one of my friends, and that I have the hope, by continuing to make use of it, of being freed, in the end and for ever, from my sad infirmity.

For the rest, I have to add, that it is not yet four months since I began to employ it, and that I have consumed only two packets. A third order, which I sent you only a few days ago,—the decided intention I have of sending you more,—the advice I have given to others, and which has been followed, to try this valuable resource, must be a guarantee to you and to everybody of the value in which I hold the Ervalenta, and the

regret I should feel in case of its being prohibited.

I very heartily desire that these few lines may be of use to you, and that you may come off victorious from the attack directed against you.

Be pleased, Sir, to accept the assurance of my most particular respect.

SEVAUX, *Priest,
First Professor at the Little Seminary
at Mortain.*

Mortain (Manche), June 29. 1843.

Note.—In a letter we received from M. l'Abbé Sevaux the 15th of May 1843, the following passages are found:

It is about two months since I received from you a packet of Ervalenta. I have to congratulate myself on having made use of it.

At the very time I am writing to you, I find myself better than I have ever been.

(*See also* No. 52.)

No. 31.

Habitual Constipation.

Sir, In order to bear witness to the truth, I declare most willingly, that I have made use of Ervalenta against constipation, with which I have been afflicted for more than twenty years, and that I still make use of it; that this farina is agreeable to the taste and easy of digestion, and that it affords relief to my indisposition: I do not, however, think that it will be able to cure me completely, in consequence, perhaps of my being unable to confine myself to the system of diet you prescribe.

I have the honour to be,

Your obedient servant,
ZEVORT, *Sen., Avocat (Barrister).*

Bourges (Cher), June 29. 1843.

No. 32.

Different Cases.

Habitual Constipation.—Other cases.

Sir, I had very long been inconvenienced by an obstinate constipation, in spite of all the remedies I was able to employ, and found no means of overcoming it until after making use of Ervalenta. After this happy result, I now offer you my thanks for having been the means of my obtaining it. I am happy to inform you

that other persons besides myself, to whom I have furnished some of this farina, have experienced from it great benefit, and continue to use it.

Pray accept my thanks, and believe me your devoted servant,

DELMARE-BENOIST,
(*Merchant*).

Rouen, June 30. 1843.

No. 33.

Second case of No. 28.

Gastritis.—Habitual Constipation.—Bad Digestion.—Abstinence from food frequently necessary.—Great debility.

Sir, Since I have made Ervalenta, a part of my food, my health has greatly improved. For about two-and-twenty years I had been suffering, more, or less, almost continually from a disorder of the stomach; for several years I had been reduced to make use of only a very few articles of food; a week seldom passed without my being forced to remain 24 hours, or even longer, without taking any thing but a few tumblers of sugar and water; constipation was continual, so much so, that for the last five months, I had been unable to go to the water-closet without the use of injections; and lastly, I was greatly debilitated.

Now, I eat meat and vegetables; I make three meals a day, two of them on Ervalenta; I have natural evacuations with sufficient regularity; I have entirely left off the injections; and finally my strength has very perceptibly returned.

For nearly three months, during which I have made use of Ervalenta, I have suffered from bad digestion only twice or thrice. I find this aliment very good; and even if I were in the best health, I should make use of it from inclination; but in the position in which I am, I should be greatly troubled if I lost the means of obtaining it.

Thus, Mr. Warton, I can attest that I have not remarked any exaggeration in the eulogium you make of it in the instructions I have received with the packets.

I have the honour to be, your most humble servant, L. FOUCAULT.

Mers (Orne), June 30. 1843.

No. 34.*

Habitual Constipation.—Fearful debility of the stomach and nerves.—Want of vigour.

* A previous testimonial of M. Sordet (see the third paragraph of this), dated May 14.

Sir, Wishing to be useful to the troublesome proceedings which have been stirred up against you, and be convinced that your Ervalenta is aliment, of great value in many cases never hurtful, I hasten to add my share to those who, like me, have a happy result from the use of this

For myself, Sir, I owe you a great debt; for, having been afflicted with inveterate constipation which, given to no regimen, to no method of cure, finally reduced my stomach and to a fearful state of debility, I have, I am happy to say, by the use of your farina, for nearly six months (a few intervals excepted) a perfect state of health, towards which I am progressing, and at least a very marked improvement, especially a feeling of vigour to which I had become a stranger.

The letters I have written you the last eighteen months to request supplies of Ervalenta, and especially a proposition that you should establish a depot of it at Geneva as soon as possible are proofs of the favourable opinion my own experience has given me.

I desire with all my heart, for the benefit of mankind, that your discovery, by being suppressed, may be known, and more, and thus contribute to the relief of so many persons affected in the same manner as myself.

Be pleased, Sir, to accept my thanks, and the testimony of my respect.

L. SORDET
Formerly Professor of the Academy of Geneva, and now Keeper of the Archives of the Canton of Geneva.

Geneva (Switzerland), June 30. 1843.

No. 35.

Habitual Constipation.—Impossibility of eating any solid food.—Oppressing pain in the limbs.—Incapability of walking.

Sir, It is a year the 10th month that I have used Ervalenta.

At the beginning of that period I found myself in the most disastrous condition. Constipation, which was natural to me, was so severe, that several months I had not been able to bear any solid food: my diet consisted

1843, will be found printed as Att. 31 in the old form of this Work.

* See the preceding note.

no longer of any thing but very liquid preparations, and this in order to avoid the pains in the stomach which I experienced unceasingly when I took more solid food. My constipation was such, that, in spite of the frequent and daily use of injections, and even of purgative medicines, it was only with great difficulty that I could obtain one or two evacuations in a week; I was also oppressed with pains in all my limbs to such a degree that I could not walk a step out of the house; but after using Ervalenta for a fortnight, my alvine functions were re-established in their normal state; I had no more pain in the stomach, and the other pains had almost entirely disappeared; so that for the last ten months I have enjoyed the most perfect health; continuing, however, all along the use of the Ervalenta, to the extent of 60 grammes (2 ounces) daily, in two pottages.

It is to this valuable aliment that I am indebted for the satisfactory state of health I now enjoy; for which, Sir, I owe you not merely acknowledgments but also gratitude.

I am, Sir, with the greatest respect,
your very humble servant,

BARBIER, Retired Officer.

1, Rue de la Seille, Rouen; July 1. 1843.

If by mishap, you should lose your cause, be so kind as to inform me of it, in order that I may procure, if possible, some packets of Ervalenta from Mrs. Gosset.

No. 36.

Three Cases:

in the two last, the Ervalenta prescribed by Dr. Dieulafoy.

Habitual Constipation.—General Suffering.
—The patient given over.—Other cases.

Sir, I have long intended to write to you to say how happy I am to have followed your treatment. My negligence has prevented my doing so; but now that I know you are harassed (by the proceedings instituted by the Government), I will no longer defer it.

As I informed you in the month of October last, since 1827 I had been continually ill, in consequence of a constipation which had resisted all the remedies which my different physicians had prescribed me. From that period I used daily at least one injection, and my condition only became worse. At length, when I saw in the newspapers the advertisement of the Ervalenta (and I was so ill at that time

that my relatives and friends have since told me they had all given me over), I resolved to request you to send me a packet of that farina and a bottle of the Melasse: I discontinued the injections; and at the end of a month, that is on the 15th of November, I began to obtain some result: I persevered, and do so still; for I find myself in good health; I have recovered a little flesh, have a good colour, and am no longer constipated.

I ought to tell you that, in consequence of the effect which this diet produced on me, my physician, Doctor Dieulafoy M. D. [of the Faculty of Montpellier], prescribed it to some of his patients, who came to me in order to be certain as to the manner of acting, and to know whether the remedy was really good. You need not doubt what my answer was; and I can assure you that two of them, amongst others, find themselves much better.

I think of continuing this diet for a very long time still: I dare not change it: so much do I fear a relapse.

Be pleased, Sir, to accept the expression of my particular respect.

The Count DE FERRABOUC.

5 Place Lafayette, Toulouse; July 1. 1843.

I had read in a medical journal, which my physician had lent me, the bad turn that was being attempted against you: I thought the matter was finished. I desire most sincerely that my letter may contribute to enable you to come off victorious from this struggle which jealousy has stirred up against you. Be so good as to inform me of the result; for I really am greatly interested in all that concerns you, and with all the greater reason because I look upon you as my deliverer.

No. 37.

Summing up of No. 28.

(Gastritis &c.)

Sir, I have the honour of confirming to you my letter of the 29th ult., in which I entered into too detailed explanations, perhaps, concerning the state of my son, and of which, of the letter in question, the substance is, that the reason for his using the Ervalenta was this, that, in consequence of his being attacked with a very decided gastritis, this food was prescribed him by Dr. Delarocque of Rouen, his physician; and that it produced a miraculous improvement

Sir, *Madame la Supérieure* charges me to tell you how much she has been satisfied with the good effects which the Ervalenta has produced. The person who has used it, finds herself much better in health since she has followed *exactly* the regimen pointed out in your instructions. She thanks you for it, and begs you to send her another packet of your excellent Ervalenta as soon as possible.

Madame la Supérieure will consider it a pleasure, Sir, to make known this so good remedy to her acquaintance; believing that she will thus be rendering a real service to those whose health is weak.

I have the honour to be, Sir, with great respect, your very humble servant,

L. LIOTARD,

*Nun of the Convent
of the Sacred Heart.*

Convent at Autun (Saône-et-Loire),
July 18. 1843.

the future will be in accordance with these good effects.

Signed, BOUCLY, Curé.
Champien, Aug. 23. 1843.

No. 44.

Ergalenta most successful.

Sir, The Ervalenta which you forwarded to me at Larajasse, has had the most successful results. *Madame Sainte-Ursule*, Nun at the Convent of St. Joseph at Saint-Sauveur (Loire), requests you to send her a packet of four kilogrammes.

Your most humble servant,
ROUX, *Curé*,

Saint Sauveur (Loire), Sep. 23. 1843.

The conductor of the diligence will pay you the value, which I have advanced to him.

(See also No. 154.)

(N.) No. 42 (compare No. 46.)

Habitual Constipation.

Sir, Having had the honour, on the 1st of June last, to request of you a box of your Ervalenta for my wife, aged 40, who had long suffered from habitual constipation, the happy result she has obtained by means of your farina, induces me to recommend her to continue its use. I shall be obliged therefore by your sending me a second box of Ervalenta.

Signed, RENARD, Propriétaire.

St.-Aubin-des-Groies, Arrondissement de
Mortagne (Orne), Aug. 3. 1843

(N.) No. 43.

Excessive Constipation. — Complete lassitude. — Nervous colic. — Inflammation of the bowels.

Sir, The person for whom I wrote to you finds your remedy do him (or her*) much good: from the morrow of the day when he began to use it, his alvine evacuations have become easier, although they had before been effected with difficulty, and only every 8 or 10 days, and his constipation was of many years' standing. The last month especially, he found himself in a state of disquieting uneasiness, complete lassitude, nervous colic, inflammation of the bowels, pains in the stomach: all this has now disappeared; let us hope that

* The French *personne*, being always treated as a feminine noun, leaves undetermined the sex of the individual intended.

(N.) No. 45.

The Ervalenta does great good.

Sir, I shall be much obliged by your forwarding me a packet of Ervalenta. I find it continue to do me great good: I have now a regular daily evacuation, and am in a state of perfect health.

Signed, CABUEIL.

Au Val-de-la-Haye, près Rouen (Seine Inférieure); Oct. 18. 1843.

(N.) No. 46 (compare No. 42.)

Health considerably improved by Ervalenta.

Sir, I have now been making use for five months of your Ervalenta for breakfast: I find that this farina has considerably improved my health. I shall be obliged by your sending me four kilogrammes of it by the factor.

*Signed, Femme (Wife) RENARD,
Proprietress at St.-Aubin-des-Groies (Orne).
Nov. 12. 1843.*

(N.) No. 47.

Ergalenta beneficial.

St. Vêran, Dec. 15. 1843.

Sir, I shall be obliged by your sending two packets of Ervalenta and two bottles of Melasse.

I have almost consumed one of your packets; and, although it has produced as yet but little effect, I find nevertheless a perceptible amelioration.

I am about to divide this quantity with one of my brethren (*confrères*), and, as se-

veral other persons in this part of the country propose to make use of Ervalenta, especially if it acts as you promise, I think I shall soon have occasion to apply to you for a more considerable quantity.

Signed, MACÉ, Vicaire (Curate) at St. Véran, near Merdrignac (Côtes-du-Nord).

No. 48.

Constipation.—Pains in the bowels.

Sir, For more than ten years I was afflicted with an obstinate constipation, accompanied with great pains in the bowels; but for the last year, during which time I have made use of your farina, my health is much improved: I hope that by persevering for some time longer, I shall obtain a cure.

Pray be so good as to forward me a packet of 4 kilogrammes as quickly as possible; for I have only enough for a few days left.

Signed, MARTIN GAUTRY, Proprietor. Orleans (Loiret). Jan. 25. 1844.

No. 49.

Heat in the stomach.—Headaches.—Weakness of sight.—Obstinate Constipation.—Bad Digestion.

Sir, In accordance with the confidence which your Treatise on the Ervalenta gave me, I made use of it immediately on the arrival of the box you forwarded me. My daughter, whose health had been declining for four years, experienced heat in the stomach after her meals as if the inside of it were being scraped; having also bad headaches, her sight so weakened that she could not work, obstinate constipation, &c. For nearly a year, no kind of aliment would pass; the stomach rejected them as soon as she had taken them.

Now that she uses this fecula, she digests much better; which increases her confidence in it. Be so good therefore as to send me two packets by the diligence.

Signed, Widow de POUILLIX, born Paviol.

Romagne (Meuse), Jan. 30. 1844.

No. 50.

Ergalenta beneficial.

Sir, The use of the Ervalenta has relieved me. I shall be obliged by your for-

warding me another packet of eight pounds.

Signed, BESSÈDE, Vicaire (Curate).

Chambon, Arrondissement of Boussac (Creuse), Feb. 17. 1844.

No. 51.

Gastritis.

Sir, I had been troubled for seven or eight years with a colic which had brought me almost to the grave: I had a severe attack when one of my friends came to see me: he let me have a little Ervalenta, which immediately did me good. A packet was procured for my use; I used it for a month, and was cured: I have continued well for three months without the least attack. I have given to several persons who were suffering from colic the Ervalenta I had remaining; my colic has attacked me again, and I have none left for myself. Be so good therefore as to send me a packet at once.

Signed, DELOR.

Molissac (Tarn et Garonne), Feb. 28. 1844.

No. 52 (see No. 30).

Importance of attending carefully to the Instructions.

Sir, I shall be obliged by your sending me immediately another packet of Ervalenta. For some time back I have found myself decidedly better, which I attribute to the full observance of the regimen you point out, which I had formerly neglected.

Signed, SEVAUX, (First Professor &c., see No. 30.)

March 15. 1844.

No. 53.

Difficulty of Digestion.

Sir, Having been instructed as to the merit of your Ervalenta by several cures which have been performed around me, I have, Sir, to request you to be so good as to send me at once a packet of 4 kilogrammes, together with a bottle of your Melasse. I shall be the more obliged by your sending them without delay because they are intended to carry on the treatment which my daughter has commenced with a portion of your Ervalenta which a person let her have; for, as the quantity is very small, I should fear, if you delayed complying with my request, the disadvantages which might result from the inter-

uption of this treatment; and I should regret his the more, because, although my daughter has begun but a few days to regulate herself by your instructions, she seems already to have experienced an improvement, and her stomach, which was so much disordered, digests more easily.

Accept, Sir, the assurance of my particular respect.

B. GACHINARD, Merchant.

Rochefort (Charente-Inférieure),
March 16. 1844.

(See also No. 57.)

No. 54.

The Ervalenta does good.

Sir, Having used four kilogrammes of Ervalenta, and beginning to experience some good effects from it, I shall be obliged by your sending me eight kilogrammes, together with the quantity of Melasse which is sufficient to use with them and to bring out their good effects.

Accept, Sir, my salutations.

Count DE BONNERIE-POGNIAT.

Château d'Aubiat, near Aigueperse (Rhône);
March 27. 1844.

No. 55.

Constipation.

Sir, As my medical adviser and myself are satisfied that the use of the Ervalenta is of an incontestable efficacy, he has just requested me to procure for him as quickly as possible, for one of his patients, a box of four kilogrammes, and a bottle of Melasse.

I could not find expressions strong enough, Sir, to testify to you all my gratitude for the happiness I feel in being in a good way to be cured, as I am able to obtain a daily evacuation without much difficulty and without injections.

Signed, PETIT.

Bonsecours (Nord), March 27. 1844.

No. 56.

Heat in the stomach.—Bad Digestion.

Sir, I made use of Ervalenta for five months: I found it do me much good. For the last three weeks I have ceased to take it, and the evil is renewing itself a little. I had had heat in the stomach six years, and for two my digestion had been bad. It went on well while I made use of pottages of Erva-

lenta. I shall be obliged by your sending me three packets of this fecula.

Signed, JARRY.

Asnières les Bourges (Cher), April 13. 1844.

No. 57.

Difficulty of Digestion (see No. 53).

Mr. Warton.—I have to request, Sir, that you will be so good as to forward me by the diligence four kilogrammes of Ervalenta.

The treatment which my daughter has commenced in accordance with your prescriptions, continues to produce the happiest results.

Accept, Sir, the assurance of my most particular respect.

B. GACHINARD, Merchant.

Rochefort (Charente-Inférieure), A.p. 23. 1844.

No. 58.

Different Cases.

Ergalenta beneficial.

Sir, Please to send me two packets of Ervalenta and a copy of your Treatise.

I have been making use of your farina for the last six weeks, and have already experienced happy results from it. I have let some persons have portions of it, and it has done them good.

Signed, COUREL, Notary.

Lisieux (Calvados), April 25. 1844.

No. 59.

Constipation.

Sir, Be so good as to send me, as you did the first time, a bottle of Melasse and two packets of Ervalenta to be paid for through the bearer.—I find myself the better for the two packets, which I have almost finished: when I pass one day without going to the water-closet, I do not pass two.

Your devoted,

MOULIN-BOURON.

Mâcon (Saône et Loire), July 3. 1844.

No. 60.

Happy effects of Ervalenta.

Sir, I have just heard the happy effects of the Ervalenta spoken highly of by a person who declares that he

see No 43) is indebted to it. All that has been told me makes me that this substance produces good results on my altobilitated stomach, and I shall be your forwarding me at once sets of four kilogrammes each by *ageriet* (by diligence).

*Signed, D. HERVIEU,
Curé of Fervacques.*

ies (Calvados), Aug. 8. 1844.

(See also No. 74.)

No. 61.

al Constipation.—Inward pains.

procured from you a packet of and a bottle of Melasse. It th to-day since I began to take lay pottages of Ervalenta pre-milk and sweetened with Me-owing the regimen you recom-our pamphlet.

llowing are the results I have

ie years I had been tormented abitual constipation, and been o use ijections daily : I had pains in the duodenum and in n of the heart, and at times akness in the legs.

istipation disappeared from the f using the Ervalenta, and since , I have failed but one day to water-closet. The pains in the a have almost disappeared ; he region of the heart return ad d the pains in the legs still at-often enough. The result, as is already good.

the intention to make use of , for a long time, and being liable my residence, I should be glad hat are the towns in which you ts.

*Signed, L. DE M... ,
Officer in the —th of the Line.
(Gard), Aug. 13. 1844*

No. 62.

Constipation.

ceived and have almost finished et of Ervalenta you did me ir to send to my address : it me much good for my consti-ut I have still a good deal of the head. My intention is to he use of the Ervalenta : I am

in hopes it will cure me radically. I shall be obliged by your forwarding me a packet as quickly as possible by the diligence.

*Signed, POZON,
Master Armourer of the Equipages
of the Line, Rue du Port, 105.*

Lorient (Morbihan), Sep. 26. 1844.

(See also No. 136).

No. 63.

The Ervalenta does much good.

Sir, I have received and used your farina, and it has already done me much good. As I see that I have not enough left for long, I shall be obliged by your sending me two more packets, with the Treatise on Constipation.

Signed, DAVIAN, Innkeeper.

Orléans (Loiret), Sep. 28. 1844.

No. 64.

Constipation.

Sir, Finding myself perfectly well since I have been employing the Ervalenta to destroy constipation, I have the honour of requesting you to be so good as to send me a packet of four kilogrammes of that farina.

*Signed, RACZYNSKI,
Officer in the Belgian Cavalry.*

Louvain (Belgium), Oct. 3. 1844.

No. 65.

The Ervalenta gives the highest satisfaction.

Sir, I can certify that I am in the highest degree satisfied with the good effect produced by your Ervalenta.

Your entirely devoted,
(Madame) PAULINE.

Bordeaux, Oct. 20. 1844.
(Rue Castelmoron, No. 15.)

Note. In a preceding letter, dated Sep. 26. 1844, Madame Pauline says she had suffered from constipation for seven years, and had employed with no great success all that could alleviate its effects.

No. 66 (see Nos. 18 and 29).

Constipation.

Sir, I have the honour of writing to

request you to forward me a box of Ervalenta.

The use of this farina has continued to the present time to be favourable to me, and has answered my expectation by its certain effect against constipation.

Signed, DURANTON, Curé

Armeau (Yonne), Nov. 3. 1844.

No. 67.

Result of a trial of the Ervalenta.

Sir, The trial which a person of my acquaintance has just made of your treatment by means of the *Ervalanta*, induces me to address you an order for four kilogrammes of this substance. Be so good as to send with it a copy of the pamphlet.

Signed, TRACOL, Professor.

Annonay (Ardèche), Nov. 5. 1844

No. 68

Ervalanta satisfactory.

Sir, I shall be obliged by your forwarding me immediately two packets of *Ervalanta* of 4 kilogrammes each.

Disorders of the bowels are so common at Blois, that you would do well to have a depot in it. (*compare the next No.*). I have no doubt that you would have a considerable sale for your fecula, with which I am as yet satisfied for myself, although I have obtained only a half-kilogramme (a pound), which I have used with pleasure.

Signed, CHESNAY, Under-Chief of an Office at the Prefecture.

Blois (Loir-et-Cher), Nov. 12. 1844.

No. 69.

Disorders of the bowels.

Sir, Being acquainted with the satisfactory results obtained by the use of *Ervalanta* in disorders of the bowels (*compare the preceding No.*), I hasten to request you to send me a packet of it.

My digestion has been for five or six years very difficult: I am troubled, three hours after my meals, with eructations accompanied with heat in the stomach and which extends itself to the back of the mouth: also a feeling of weight and general uneasiness. I do not sleep, or at least I sleep badly, especially if I go to bed immediately after supper. I also feel headache after having eaten.

I desire that the Ervalenta may pro-

duce in my case as beneficial a result as it has produced in the case of number of those who have made it

Signed, LOUVE
Veterinary Surgeon

Sellières (Jura), Nov. 24. 1844.

(*See Nos. 73 and 119.*)

No. 70.

Convalescence.

Sir, Towards the last days of month of October, I was getting into a state of convalescence, after a long illness of great sufferings occasioned inflammation of the liver and stomach and bowels, when I became acquainted with the *Ervalanta*.

At that time, I was to confine myself according to the advice of the men under whose care I was (I enjoy a justly merited reputation to confine myself, I say, to take decoction of lichen, cooling drinks), my stomach would bear it, I had some weak chicken broth. I was that this regimen, and above all, would restore my digestive organs, which were seriously affected.

Like all patients, I was desirous to get well quickly. I wished to try *Ervalanta*: at my request you forwarded me four kilogrammes, which I have almost all used. I shall now be obliged by your sending me a fresh quantity by diligence, immediately on the receipt of this letter.

I will not conclude without declaring to you that the use of *Ervalanta* has been effectual. I am now able to take it three times a day after some days' use could take (other) light aliments. My appetite increases daily with my strength, and the noises in the stomach have considerably diminished. I have begun for several days past to eat, and I desire however to continue to use your fecula.

Signed, AI
Comptroller of t.

Annonay (Ardèche), Dec. 3. 1844

No. 71.

General Cases.

Happy effect of *Ervalanta*

Sir, Having learnt the happy effect of your *Ervalanta* has produced

ral persons in our part of the country, I have to request you to send me, as quickly as possible, a box of this powder of which you are the inventor.

Signed, PEPONNET, (Priest.)

St. Pierre, Isle of Oleron (Charente-Inférieure); Dec. 28. 1844.

No. 72.

Federal Cases.

Ervalenta beneficial.

Sir, I shall be much obliged by your sending me two packets of Ervalenta by diligence.

Several persons of this town who, like myself, make use of your Ervalenta, and who find it do them good, would be glad if there were a depot here. This step which would be to the advantage of the locality, might also, I think, increase the consumption of this production here.

*Signed, LACOLLEY,
Avocat (Barrister).*

Amiens (Somme), Jan. 5. 1845.

(See also No. 127.)

No. 73.

Very difficult digestion, with its effects: (see No. 69).

'Sir, I shall be much obliged by your forwarding to [Mr. Ferrière, Proprietor at Sellières, by the quickest conveyance, the same quantity of Ervalenta as you forwarded me some time back, and of which I feel the happy effects.

*Signed, LOUVRIER,
Veterinary Surgeon.*

Sellières, (Jura) Jan. 22. 1845.

(See also No. 119).

No. 74.

Debilitation of the stomach (see No. 60).

Sir, The Ervalenta which you sent me has produced excellent effects; but the evil has returned, and I propose to renew the remedy. Be so good as to send me by the diligence a portion of your farina equal to the first.

*Signed, HERVIEU, Chaplain of the
Hôtel-Dieu (Hospital) of Falaise.*

Falaise, (Calvados), Feb. 1. 1845.

No. 75.

The Ervalenta satisfactory.

Sir, I have the honour of requesting

you to send me by diligence a second packet of Ervalenta.—The use of this substance has produced on me the effect which, after I had read your instructions, I hoped it would.

*Signed, PAYART,
Retired Officer of Marines.*

St.-Martin-au-Laërs (Pas-de-Calais),
Feb. 12. 1845.

No. 76.

Constipation.—Catarrh of the bladder.

Sir, I had been constipated for twenty months through the effect of another malady, namely, a catarrh of the bladder: this catarrh, mild as it is, causes me feelings of heat in making water; which my physician has attempted to combat by means of injections (*enemata*) and every kind of cooling medicines. I have taken as many as three injections in succession without any effect: the Venetian turpentine alone moderated this catarrh, which deprived me of sleep, and I was obliged to take sirup of poppies every night when I went to bed. Such was my state when I began to use Ervalenta. The day after I commenced this treatment, I obtained a most perfect evacuation; instead of some dry balls like small nuts, which I passed every three or four days, I have had since that time a perfect evacuation, without pain, every morning at seven o'clock, and every day (evening?) at seven o'clock exactly I have the same advantage; the feelings of heat are much diminished; and I say to all who will hear it, that the Ervalenta will cure me of two disorders at once. I have thought that these details would be agreeable to you. I sleep without taking narcotic medicine; which is an effect easily appreciated.

Pray accept, Sir, the assurance of the greatest respect.

*T. DE BOULOT,
17 Rue St. Vincent;
Honorary Member of the Academy of
Sciences, Arts, and Belles Lettres
of Besançon, &c.*

Besançon (Doubs), Feb. 21. 1845.

(See also Nos. 82 and 128).

No. 77.

Ervalenta satisfactory.

Sir, Madame la Supérieure of the General Hospital of Orleans desires me

to request you to forward her without delay a packet of four kilogrammes of Ervalenta, similar to the one you sent her last; the trial of which answered the expectations she had formed of it.

Pray accept, Sir, my very humble civilities.

J. VERRIER.

Orléans (Loiret), Feb. 21. 1845.

No. 78.

The Ervalenta produces very good effects.

Sir, Please to forward me, as quickly as possible, two large packets of your excellent Ervalenta, with which I continue to be very well satisfied, and which I have ascertained to have been very beneficial in its effects.

I renew to you the assurance of the sentiments of esteem and respect with which I have the honour to be, Sir, your very humble and obedient servant,

Sister LOYER, called

SAINTE-CLAIRE,

Superior of the Civil Hospital of Orbec.

Orbec (Calvados), March 10. 1845.

No. 79.

Ervalenta beneficial.

Sir, I shall be obliged by your sending me by diligence, and as quickly as possible, a packet of Ervalenta. I have already begun to take it; I have only enough for six or eight days; and as I find it do me good, I should not like to have an interruption.

*Signed, DE SAINT-MARTIN,
Captain in the First Regiment
of Dragoons.*

Auch (Gers), March 30. 1845.

No. 80.

The effect of the Ervalenta and Melasse prodigious.

Sir, The effect produced by the Ervalenta and Melasse is, I venture to say, prodigious: the relief is, so to say, immediate; as it shews itself after five days of this system of diet.

I cannot offer you too abundant congratulations on your having made such a discovery; and I am no longer surprised at the determined hostility of the physicians and apothecaries.

I have the honour of sending you a bill at sight for the value of two packets of Ervalenta and a bottle of Melasse. I shall

be much obliged by your sending me them by the first diligence.

*Signed, CAFFO,
Captain Treasurer in the 6th Squadron
of the Train (of the Parks of Artillery), at Saverne (Bas-Rhin).*

Saverne, Apr. 5. 1845.

(See also No. 90).

No. 81.

Weakness.—Noise in the head, causing sleeplessness.

Sir, Having made use of your Ervalenta, I have experienced good effects from it; accordingly I undertake with pleasure to procure a supply for some persons; and the beneficial property of your fecula will cause these requests to be repeated often. I shall be obliged by your forwarding me at once three packets of Ervalenta of 4 kilogrammes each, in three separate boxes, to be paid for by the bearer.

The following was the nature of my disorder. About three years ago I had an inflammation of the chest, and was near losing my life. I was exhausted by the disorder, the remedies, and the bleedings: since that time I have always been very weak, experiencing moreover a sounding in the head, which caused me almost constant sleeplessness.

Signed, GUYON.

Prez-en-Pail (Mayenne), April 9. 1845.

No. 82 (see No. 76).

Catarrh of the bladder.—Constipation.

In a letter dated, Besançon, April 25. 1845, M. de Boulot speaks of his intention of going to the Evian waters in Savoy, near Geneva, to finish the cure of a catarrh of the bladder, "which", says he "the Ervalenta has much diminished, by curing the constipation". Farther on he says:

I take it now every two days, having nothing more to complain of with respect to the constipation, which is greatly diminished, and almost nothing at all.

(See also No. 128.)

No. 83.

The Ervalenta does much good.

erson who has been making Ervalenta finds herself much ordinglly she wishes to con- a long time to use it.

request you, Sir, to be so end me two packets of four each.

Signed, PIGNON.

(me), May 27. 1845.

See also No. 146).

No. 84.

he stomach.—Bad Digestion.—Constipation.

ten to satisfy the wish of one ren (*confrères*), who, seeing results which the Ervalenta for the reestablishment of ed stomach, has requested to you, in order that you he goodness to send him a rvalenta and a bottle of Me- te advantage of this opportu- r a packet for myself also : ling to continue its use for nger, and thereby (as I hope) self entirely. I feel no more the stomach, I digest better, stipitation is more moderate.

B. GUICHARD, (Priest?)

(Isère), May 28. 1845.

See also No. 117.)

No. 85.

the breast.—Irritation in the constipation.—Headache.—Swell- eg.

Ervalenta does me much constipation has not returned the tumour in my breast itself easily; but I must still ourishment in order to get r of an irritation in the bowels s itself by a trembling in the palpitation in the stomach. A hich I had every night is The Ervalenta is reducing ; in my leg, the consequence of

we are the details which I have to give you, Sir; and, offering nks and my gratitude for the sccovery you have made of this enta, by which I am gaining flesh, I am, Sir, with great

Mademoiselle GRIVAUD,
Saône-et-Loire), June 10. 1845.

(See also No. 132.)

No. 86.

The Ervalenta does much good.

Sir, Since the 28th of March last I have been using your Ervalenta, and I find it do me much good. My stock being nearly exhausted, I shall be obliged by your sending immediately to my address two more packets.

*Signed, DELAGE,
Justice of the Peace.*

Villards (Dordogne), June 13. 1845.

No. 87.

Constipation.—Painful Digestion.

Sir, For the last six weeks, during which I have been making use of your Ervalenta, the alvine evacuations have taken place daily. My digestion is less painful.

Signed, JOLY, (Retired Captain.)

Hanlay, (Côte-d'Or), July 6. 1845.

No. 88.

The Ervalenta highly praised.

Sir, Having heard your Ervalenta highly praised, I wish to make use of it. My object therefore in this letter is to request you, Sir, to let me know by return of post what method I must adopt in order to transmit to you the value.

I have the honour to salute you.

LEOPOLD WEISS.

Verona, (Italy), July 16. 1845.

No. 89.

Constipation.

Sir, The packet of Ervalenta you sent me four weeks ago, has been decidedly beneficial to me. I shall therefore be obliged by your having the goodness to send me a second. Since the fourth day I have gone regularly to the water-closet.

Signed, CRETIN, Curé.

Gellin (Doubs), July 21. 1845.

(See also No. 108.)

No. 90 (see No. 80).

Constipation.—Attacks in the stomach.—Leanness.—Weakness.—Sadness.

Sir, When, about five months ago, I had the honour of requesting of you

for the first time the Ervalenta of which the use has been so favourable to my wife, she was in an almost desperate condition; the ignorance of her medical advisers, or the impotence of their medicines had brought her within an inch of the grave.

The only service for which I owe gratitude to the Faculty is that of having driven me by their negligence to employ all the means which might come to my knowledge in order to escape from so afflicting a position.

Six days after Madame Caffo had commenced the use of the Ervalenta accompanied with Melasse and prunes, the evacuations, which could be obtained but rarely, and not without the reiterated use of emollient injections, returned naturally; the attacks in the stomach ceased by little and little to present so grave a character; then very gradually got to appear only at long intervals; and one may say that they have now entirely disappeared; to leanness is succeeding plumpness (*embonpoint*); the muscles have acquired force; and the lower part of the back, which could with difficulty bear the upright position for half an hour, is strengthened, and allows the patient to remain up all the day, which she could no longer do, when she commenced her treatment by Ervalenta. The almost constant sadness which beset her, now shews itself but rarely; in a word, there is in her condition a miraculous improvement which makes us hope that with perseverance we shall obtain a radical cure: it will be to you that we shall owe it, and I offer you beforehand my very sincere thanks.

I have considered it a duty to give you all the foregoing particulars, in order that they may be of service to you on occasion in combating the ill will of the medical men; who, if I judge of them by those of this locality, are very far from advising your alimentation as a method of cure.

Pray accept the hearty salutations of your most humble servant,

The Captain-Treasurer of the 6th Squadron of the Train of the Parks of Artillery,
CAFFO.

Saverne (Bas-Rhin), Aug. 4. 1845.

P. S.—Be so good as to forward me, with the greatest expedition, two packets of Ervalenta, the value of which is annexed in a bill at sight

No. 91.

Constipation.

Sir, I received the packet of Ervalenta you sent me last; I have used it, and must tell you, out of regard for the truth, that I have obtained from it the happiest results: a chronic constipation, with which I had been very long afflicted, has yielded to the use of your powder. After five days the evacuations commenced, and they continue still: being disposed to go on, I shall be obliged by your sending me another packet of four kilogrammes by diligence.

Accept, Sir, the assurance of my particular respect.

LAUGIER, *Chief Collector.*

Sisteron (Basses-Alpes), Aug. 9. 1845.

(See also Nos. 106 and 142)

No. 92.

Chronic Gastritis (see No. 124).—Weakness.

Sir, The advantage I have derived from the Ervalenta induces me to make a third application to you: if the packet you are about to send does me as much good as the two first, I do not at all doubt that I shall be entirely cured of my cruel malady, which has tormented me for the last twenty-five years at least.

I can say that for the last seven years I had been unable to go out of the town where I live; but, thanks to your farina, I have just travelled thirty leagues without feeling fatigue.

Signed, BRAULT.

Poitiers (Vienne), Aug. 22. 1845.
(Rue des Flageolles, 8.)

(See also No. 124.)

No. 93.

Constipation.—Cutaneous affection.

Sir, I shall be much obliged by your sending me three packets of Ervalenta.

I have to say that I have long been cured of the constipation, but that I perceive that it would soon return if I did not continue to take this farina for some time longer; besides which, an affection of the skin seems likely to yield to its use, and for this reason I think I

shall do well to continue it some time longer.

Signed, G. DE GUMPERTZ.

Faubourg St. Jean Baptiste, Nice, (Kingdom of Sardinia;) Aug. 23. 1845.

(See also No. 101.)

No. 94.

Ergalenta does much good.

Sir, I shall be obliged by your being so good as to send to Diligence Office of Lafite and Caillard a packet of Ergalenta.

My mother has already made use of a packet, which she has found do her much good.

Signed, DE MONTINAY.

Blois (Loir-et-Cher), Aug. 27. 1845.

No. 95.

Praise of the Ergalenta.

Sir, Please to send to my address by diligence a packet of four kilogrammes of Ergalenta. One of my relations has just told me so much good of it, that I am unwilling to delay a single day in applying to you for it.

Signed, EDWARD GUYOMAR,
Proprietor.

Guingamp (Côtes-du-Nord), Aug. 30. 1845.

No. 96.

Ergalenta used by a Physician, for his patients.*

Sir, I have requested M. Blise to apply to you for Ergalenta.—Lately, in Paris, I called on you again, in order to get some of this farina, and also to ask your advice with respect to my tendency to cerebral affections (affections of the brain), of which I have already experienced a severe attack. Fearing lest this fecula should be injurious to me like the other farinas which thicken the blood, your apparent hesitation intimidated me. This fear having now been dispelled by my doctor, who has used it for his patients, I should be delighted, Sir, to be able to contribute, by a suffrage whose weight would be doubled by the state of my health for the last three or four years and by my age, to the reputation to which this valuable discovery entitles you.

* See the note to Att.

Pray accept the assurance of my respect.

Baron DU PLESSIS.

Rennes (Ille-et-Vilaine), Sept. 13. 1845.

(See also No. 100.)

No. 97.

Gastro-enteritis (inflammation of the stomach and bowels) occasioned by the immoderate use of drastic purgatives.—Urinary disorder.

Sir, My deplorable state at the time of commencing the use of the Ergalenta must have given that agent a struggle sufficiently difficult to maintain: nevertheless, for the last twenty days the amendment has been manifest; and if it continues in proportion during the use of the second packet, which I shall be obliged by your sending me, I shall tell you that your excellent farina will have cured a *gastro-enteritis* (see above) occasioned by the immoderate use of drastic purgatives: moreover, the inflammation of the bowels beginning to act on the urinary apparatus, I have felt cruel sufferings in all the neighbouring organs. My despair equalled the impotence of the remedies employed to relieve me. At present, thanks to the daily evacuation which your Ergalenta procures me without effort, I find my pains diminish.

Signed, STOPLER,
Treasurer of the 63d.

Verdun (Meuse), Sept. 14. 1845.

No. 98.

The Ergalenta answers its purpose.—It is recommended by a Physician*.

Sir, Although I have made use of Ergalenta during only eighteen days, I am happy to inform you that I have already experienced the good effects promised by your Treatise. A friend of mine who is a Physician, to whom I had spoken of it, and who had asked me to lend him the Treatise, told me that he had recommended two persons to use it.

Signed, RAQUIERS,
Director of the Coal Stores of the
Grand Combe Mines.

Alais (Gard), Sep. 17. 1845.

No. 99.

Importance of Ergalenta to the patient.

Sir, Have the goodness to send at once to my address, by the Royal Diligence, a

* See the note to Att. l.

packet of four kilogrammes of Ervalenta; for since my wife has used it, that is to say, for the last year, she has been unable to do without it.

*Signed, MORIN-BODIN,
Postmaster.*

Montreuil-Bellay (Maine-et-Loire),
Oct. 20. 1846.

No. 100 (*see No. 96*).

Tendency to congestion to the brain.

Sir, The happy success I have hitherto had in the use of your Ervalenta, which I find to have diminished even the tendency to congestion to the brain, the existence of which the physicians had recognised in my case, makes me request you to forward me another packet of four kilogrammes.

*Signed, Baron Du PLESSIS,
14, Place du Palais.*

Rennes (Ille-et-Vilaine), Dec. 1. 1845.

No. 101 (*see No. 93*).

Effect of Ervalenta on a patient of great age.

Nice (Kingdom of Sardinia), Dec. 22. 1845.

Sir, I shall be much obliged by your forwarding me, immediately on the receipt of this, three packets of Ervalenta. You will have the goodness to employ the same means of conveyance as you have for the former quantities, and to take the same steps for the reimbursement as you have always taken.

I am advancing fast, it appears to me, towards my cure; and hope to get well notwithstanding my great age, God helping the Ervalenta.

If my cure is effected, I shall have the honour to inform you of it, together with the difficulties I have experienced.

I have the honour to be, with gratitude, your most humble and obedient servant,

*G. DE GUMPERTZ,
à Nice Maritime, Faubourg St Jean
Baptiste, États Sardes.*

No. 102.

Experience of Ervalenta.

Sir, I have just advised one of my cousins, who has suffered from constipation for the last year, to make use of your Ervalenta; having ascertained by my own experience how much good it does. In consequence, I shall be obliged

by your sending me by the four kilogrammes.

*Signed, COUTANEIN CHA
Châtellerault (Vienne), (Rue Ste)
Jan. 12. 1846.*

No. 103.

The Ervalenta produces happy

Sir, The happy effects which obtain from the use of the Ervalenta induce me to request you to be so good as to send me a fresh quantity of four grammes of this farina.

*Signed, A. BERN
Inspector of the Prisons*

Niort (Deux-Sèvres), Feb. 5. 1846.

No. 104.

Happy effect of Ervalenta

Sir, I have to request you to send me two packets of Ervalenta. I shall be obliged by your sending them to me quickly, for the sake of its end. I am very happy to use of it; for my sufferings have been much alleviated. I accept all my thanks for it.

*Signed, CAPEL, M
Quimper (Finistère), March 7.
(See also No. 112.)*

No. 105 (*see No. 101*).

Experience of Ervalenta

Sir, I have to apply to you for a packet of your excellent powder Ervalenta. The good effects experienced from it induce me to use it.

*Signed, LAIT
Sisteron, March 12, 1846.
(See also No. 142.)*

No. 106.

Effects of Ervalenta very satisfactory

Sir, For the last eight or ten years I have been making use of your Ervalenta; and I am happy to say that I have hitherto experienced very satisfactory results.

*Signed, AD. MAS
Avignon (Vaucluse), March 13*

No. 107.

Ervalenta beneficial, in spite of

not having been followed regularly made use of the packet until you sent me, and finding it special to me, although I have already followed the regimen you wish, I wish to continue to make it salutary and nourishing. I should send you in consequence, as of another packet, the sum of 25 centimes; namely, 12 fr. 50 c. of Ervalenta, and 75 c. for the box. The honour to be, Sir, your humble and obedient servant,
INDELLE, *Landmeasurer*.
Viellevieille-Grand (Vienne),
18. 1846.

No. 108.

Constipation (*see* No. 89).

I have now been taking Ervalenta morning and evening, for the last three days: I find it does me much good. To send me a bottle of Melasse of the Treatise on Constipation.

Signed, CRETIN. *Curé*.

Doubs), March 20. 1846.

No. 109.

Effect of Ervalenta.

Last year, in February 1845, I was in the purpose of consulting a physician with respect to the state of my health, which for the last three years had prevented my exercising my functions. Passing through Richelieu, I asked my brother-in-law from the vehicle to purchase a pamphlet concerning the Ervalenta which I had several times seen in the newspapers. After reading it, I remained incredulous. I did not blame me; for when, like myself, I have tried everything ineffectually, I am inclined to that, to incredulity. I returned from Paris without having read Ervalenta for that year. Six years ago I was in the country on a visit when I met the *Vicaire* (Curate) of Vercelles (Doubs), who informed me by his plumpness (*embonpoint*). The sight of this young ecclesiastic had more effect on me, when he told me that he owed his health to Ervalenta, than all I had read of it.—

Be so good then, Sir, as to send me by diligence a packet of Ervalenta.

Signed, MONNIER, (*Priest*.)

Beaune (Doubs), April 11. 1846.
(Rue St Canat, 9.).

No. 110.*

Constipation.

Sir, I used the Ervalenta last year, and found it does me good; for I had a rather obstinate constipation, which had ceased: I perhaps did not continue the use of this aliment long enough, and I feel the need of using it again.

Be so good as to forward me a packet of it; this quantity will last me some time, as my stomach bears aliments only in very small quantity.

I am, Sir, with respect, your most humble servant,

L. LABBÉ, *Proprietor*.

Bonneval (Eure-et-Loir), April 25. 1846.

No. 111.

Sluggishness of the bowels.

Sir, A person of my acquaintance who like me suffered from great sluggishness of the bowels, has found the use of your fecula the Ervalenta very beneficial. I procured your pamphlet at Bordeaux, and have seen that in a number of cases which are similar to my own, the effects produced by the use of this fecula have been of the most satisfactory kind.

I have, therefore, to request you to forward me two packets, or 8 kilogrammes, of Ervalenta.

Pray accept, Sir, the assurance of my respect.

BORDES, (*formerly Captain at Sea*.)

Blaye (Gironde), April 28. 1846.

No. 112 (*see* No. 104.)

Effects of Ervalenta.

Sir, Several of my friends who have known the complaints from which I have suffered, and the good effects which the Ervalenta has produced upon me, have requested me to get them some. I have to request you therefore to send to my address four packets by the quickest wagon.

Please to forward it without delay; for I have parted with the two packets

* See the Notes at the end of Chapter VI.

you sent to my address by the diligence about a month ago. I am therefore in want of it for myself: I have only enough left for ten or twelve days.

Signed, CAPEL, Merchant.

Quimper (Finistère), May 1. 1846.

No. 113.

Effects of Ervalenta.

Sir, Having had knowledge of the good effects which your Ervalenta produces daily, I hasten to have recourse to you, by requesting you to forward me, by the quickest conveyance, two packets of this farina.

Signed, L'ANOË, (Curé of St Malo de Guersac, Commune of Montoir, by Savenay, Loire-Inférieure.)

St. M. de G., May 5. 1846.

No. 114.

Irritation of the bowels.

Sir, A Canon of Viviers, who was afflicted with an irritation of the bowels, having made use of Ervalenta, has found it do him much good. As I suffer from the same malady, he has been so good as to give me your address. I have therefore to request you to let the bearer of this letter have some.

Signed, AURIC, Landlord of the Hôtel des Princes, Montélimart.

Montélimart (Drôme), May 12. 1846.

No. 115.

Constipation.

Sir, My son, a Student in Medicine at Paris, has already had occasion to apply to you twice for Ervalenta for his uncle M. de la Grange: he is absent just at present from Paris, and M. de la Grange commissions me to request you to forward him a box of Ervalenta, and to communicate to you the following observation.

The constipation has ceased in this sense, that whereas before the Ervalenta several days passed without an evacuation, now he has one regularly every 24 hours. M. de la Grange is 70 years old; he finds the regimen he follows beneficial, and intends to continue it.

Signed, SOQUILLON.

*Rochechouart (Haute-Vienne),
June 14. 1846.*

No. 116.

The Ervalenta does much good.

Sir, I forward you an order for 12 francs 50 centimes, for four kilogrammes of Ervalenta; which I shall be obliged by your sending me as quickly as you can by the most expeditious mode of conveyance.

We made use once before of your valuable farina, and found it do us much good.

I have the honour to offer you the assurance of my respect and gratitude.

SURIRE, Priest.

Vendes, par Tilly-sur-Seule (Calvados),
June 20. 1846.

No. 117 (see No. 84).

The Ervalenta does much good.

Sir, I shall be obliged by your forwarding to my address three packets of Ervalenta.

I find the use of this farina do me so much good that I think myself obliged to go on some time longer.

You will greatly oblige me by forwarding it to me at once, as I am at the end of my provision.

Signed, GUICHARD, (Priest.)

Reventin (Isère), July 28. 1846.

No. 118.

The Ervalenta produces good effects.

Sir, Having obtained good effects from your fecula, called *Ervalanta*, I have to request you to forward me another packet.

Signed, CH. BONNARLE, Proprietor.

Arnay-le-Duc (Côte-d'Or), Aug. 2. 1846.

No. 119 (see Nos. 69 and 73).

Disorder of the bowels.

Sir, I shall be much obliged by your forwarding me by the quickest conveyance a box of Ervalenta. I deem only that this farina may produce beneficial effects on the disorder of the bowels from which I suffer, as the quantity you sent first, about twelve or fourteen [19 or 21] months ago. This complaint has just come on again under the influence of the great heat. *Signed,*

LOUVRIER, Veterinary Surgeon.

Bellières (Jura), Aug. 19. 1846.

No. 120.

From a business letter of our Depository at Marseilles.

Ervalenta purchased for the Pope — **Ervalenta** beneficial.

Sir, Some time back two packets of **Ervalenta** were bought to be forwarded to **Rome to His HOLINESS.**

I still continue to make some little use of your farina. Another member of my family uses it also, and I am glad to inform you of the good effects which this substance produces on him (or her *).

Signed, GARDIOL.

Place Porte de Ronce, No. 109, Marseille (Bouches du Rhône); Aug. 30. 1846.

No. 121.

Certificate.

Obstinate Constipation, accompanied with Gastritis.

Poitiers (Côte d'Or), Sep. 10. 1846.

I the undersigned, René François Bichon, Brigadier of the City Tolls (*de Poctroi*) of Poitiers, certify that on the 14th of May 1842 I was attacked with an obstinate constipation, accompanied with a gastritis which within fifteen days so altered me that I was not to be recognised. I could neither eat nor drink, and was unable to walk; and, having used medicine for two months, and the malady having only increased, I was at last in despair, and even resigned to death, when one of my friends, having come to see me, told me that he had known two persons who had suffered from this disorder for eighteen months, and that they had made use of a farina called **Ervalenta** during eight months and were perfectly cured. I procured some at once, and used it; and in the space of from 36 to 40 hours I found myself relieved. I went on for four months; I used three packets of four kilogrammes each; and I am perfectly cured, and can certify with sincerity that I owe my cure to the **Ervalenta.**

Signed, BICHON.

No. 122.

Dreadful Constipation.

Sir, How happy am I to have made use of your good **Ervalenta.** I was

afflicted for two years with (so to say) a deadly constipation. After having made use of your farina for six weeks, I was entirely delivered from this terrible evil, and since then I have been very well.

Signed, ÉTIENNE JACQUAULT.

Poitiers (Vienne), Sept. 12. 1846.

No. 123.

Good effects of **Ervalenta.**

Sir, Thanks to your excellent farina, I am quite cured of the extreme heat which had so long troubled me. My digestion goes on perfectly well, and my health is excellent, since I have had the happiness to make use of this aliment.

Pray, Sir, believe how grateful I am, and accept my thanks for the comfort you have procured me.

Signed, Femme (Wife)

RENAULT-PAGNIER.

Angers (Maine-et-Loire), Sep. 13. 1846.

No. 124 (*see No. 92*).

Chronic Gastritis.

Sir, You ask me the results which the **Ervalenta** has had on the malady with which I am afflicted. My answer will be that I have found and daily find the greatest benefit from its use, which I continue.

It is useless to give you here a recapitulation of all the good it has done me; but what I can affirm is, that I have been afflicted for more than 25 years with a malady which the medical men called a Chronic Gastritis of the 6th degree; that all the remedies they prescribed me during this long period were fruitless; and that your farina, and, before making use of it, white mustard seed, are the only substances which have relieved me.

However I am not cured; for I suffer cruelly from a dull pain in the side; but this pain is not chronic; I have even remarked that it made itself felt when the **Ervalenta** did not produce its ordinary effect*, which consists in exciting evacuations: at such times the pain in the side increases, and the vomitings begin again; which makes my condition very bad. But notwithstanding this, I certify that the, **Ervalenta** has done me much

* When this is the case a little of the *Melasse* should be added: see the note (*) near the end of Chap. VI: also the Book of Instructions.

* See the note to No. 43.

good, and that I am most happy to have made use of it.

Signed, BRAULT.

Rue du Plat d'Etain, No. 18, Poitiers
(Vienna); Sept. 22. 1846.

No. 125.

Gastritis.—Pains in the stomach.—Constipation.—Tendency of blood to the head.

Sir, Having made use of the Ervalenta for the gastritis, pains in the stomach, constipation, and a tendency of blood to the head, and having found it do me good, I have to testify my satisfaction in this amendment in my health.

*Signed, Femme (Wife) COLLET,
Corset-maker.*

34, Rue de l'Hôpital, Rouen; Sep. 22. 1846.

No. 126.

The Ervalenta answers its purpose.

Sir, I have made use of a packet of Ervalenta: I have obtained from it the results mentioned in the Treatise.

MAZUYER, Jun.

14, Grande Rue Mercière, Lyons;
Sep. 22. 1846.

No. 127 (*see No. 72*).

Chronic disorder of the stomach and bowels—Constipation.

Amiens (Somme), Sep. 23. 1846.

Sir, A chronic disorder of the stomach and bowels obliged me to follow a severe regimen from 1843 to the end of 1845. During this time I made use of Ervalenta as an alimentary fecula, and found it do me good. I found it very easy of digestion; and the obstinate constipation from which I often suffered, always yielded to the use of this aliment taken for some days in succession either with meat soup or in the form of gruel. Having found myself much better for some months past, I have been able to leave off my regimen.

If this testimony can be of any service to you, I authorise you to make what use you think proper of it.

I have the honour to salute you.

*LACOLLEY, Avocat (Barrister)
at the Court Royal of Amiens*

No. 128 (*see No. 76 and 82*).

Two Cases.

Good effects of Ervalenta.—Its palatableness and digestibility.

Sir, M. de Boulot, my father, whom I have had the misfortune to lose six months ago, used your Ervalenta for a long time: he liked this aliment very much, and felt its good effects: he digested the Ervalenta better than other pottage. M. de Vregille (?) my uncle still makes use of it with the same results.

Pray accept, Sir, the assurance of my respect.

N. (?) DE BOULOT.

Boulot (près Volrav sur l'Oignon, Haute Saône); Sep. 24. 1846.

No. 129.

Constipation.—Bad Digestion.

Sir, The person who made use of your Ervalenta (for nearly three years), has found so much benefit from it that his (or her *) health is now perfect.—The constipation which had resisted all possible remedies, the refusal of the stomach to digest,—all this has completely disappeared.

It is remarkable that during this long period of treatment by Ervalenta no indisposition came on, the sleep was constantly good,—there was no bad night; moreover, the countenance of the person announced the most solid health, and this state has continued since he has ceased to make use of it (which proves his perfect restoration).

Signed, BOYER, Sen.

12 Rue Malesherbes, aux Brotteaux, Lyon;
Sep. 25. 1846.

No. 130.

Happy effects of Ervalenta.

Sir, I shall be obliged by your sending me a packet of Ervalenta. It is a kind of nourishment which I cannot do without: I owe to it the duration of my existence.

Before I had recourse to it, the water-closet was to me a dreadful punishment: now I go without griping. If I am not cured of another malady, at least I feel relief. I testify to you my gratitude for it, assuring you with how much esteem I have the honour to be your very humble servant,

(Madame or Mademoiselle)
DE CROSEY.

Orléans (Loiret), rue des Quatre-Degrés;
Sept. 25. 1846.

* See the note to No. 43.

No. 131.

Constipation.

Sir, I am very happy to be able to inform you of the good results which have ensued from the use I have made of your Ervalenta.

This alimentary farina (which I have found very good) has had the effect of curing my constipation, little by little, and in a very gentle manner.

It remains only to testify my gratitude to you, Sir, and to beg you to receive my salutations.

GOULAND,

Lieutenant-Colonel Retired.

Mantes (Seine-et-Oise), Sept. 27. 1846.

No. 132.

Constipation. — Hemorrhoids. — Swelling (in the leg). — Disturbed sleep. — Leanness. — Weakness.

(See also No. 85).

Sir, It is with much pleasure that I bear testimony to the Ervalenta, which I find do me much good: I make my daily supper of it. It has done me great service in delivering me from constipation and piles; it has cured me of a swelling which had come on after a fall; it procures me tranquil sleep and plumpness (*embonpoint*); and it has strengthened me after my fall.

Signed, Mademoiselle GRIVAUD.

Cuisery (Saône-et-Loire), Sep. 27. 1846.

No. 133.

Different Cases.

Extreme Constipation. — Other cases — Gentleness and efficacy of the action of Ervalenta.

Sir, You inquire of me, what effect the person (who is my wife) has obtained from your Ervalenta, of which she made use for eight or nine months, in order to reestablish her digestive functions. I beg to inform you, Sir, that she found it do her much good; that her lengthened constipations, which lasted as long as eight ceased within the first days; and that this effect has continued to the present time.

I see here some persons who have used Ervalenta, and been radically cured. It is true they were not so much disordered as my wife.

For myself, not being unwell, but yet

having occasionally those constipations which arise from heat in the body, I have made use of your farinaceous substance, and have always found it beneficial. This substance relaxes you so gently, so insensibly, and in so effectual a manner, that I always keep a little for fortuitous cases.

I have even mentioned this alimentary substance to several of my friends, and particularly to those whose frequent dining out gives them constipations.

Signed, LAISNÉ,

Commercial Broker, Ex-Member of the Municipal Council

Le Havre, Sep. 27. 1846.

No. 134.

From the Viscount de Thérmines, Agonomé (Writer on Agriculture).

Effects of Ervalenta.

Sir, The Ervalenta has done me the greatest good, and I shall return to this regimen whenever my organisation takes harm again. This farina is excellent: it dispels irritations of the mucous membrane of the rectum, and restores to the bowels their energy and elasticity. The effects of the Ervalenta are quite real: it cures without the help of the Faculty and their brethren the apothecaries.

Signed, THÉMINES.

Maison Rouge, near Moulins-lès-Metz; Sep. 28. 1846.

No. 135.

Disorder of the bowels.

Mulhausen (Haut-Rhin), Oct. 4. 1846.

Sir, My father, a retired Officer residing at Huningue, having been afflicted with a disorder of the bowels, made use for a long time, in the course of last year, of Ervalenta which he had procured at your House.

I am happy to inform you, Sir, that my father obtained good effects from the use of this aliment, and that, of all the remedies he employed, this was the one which, without contradiction, the most relieved his disorder.

Be pleased, Sir, to accept my thanks, and receive the assurance of my very particular respect.

BITAUBEC, Jun.,

Director of Roads and Bridges at Mulhausen.

No. 136 (*see No. 62*).

Constipation.—Pains in the stomach.—
Bad Digestion.

Sir, In answer to your letter, in which you request me to let you know the result obtained by means of the Ervalenta, — I had suffered for two years from constipation, accompanied with pains in the stomach, and with a considerable noise in the head. As soon as I had taken soup, my stomach was rendered uneasy: I could take nothing else without having bad digestion. I made use of Ervalenta during five months, and find it has done me much good: I have no more constipation, no more pains in the stomach; and the digestion is well performed. The noise in my head, and the headaches, have not disappeared.

S'igned, POZON.

Lorient (Morbihan), Oct. 4. 1846.

No. 137.

The Ervalenta does much good.

Sir, I shall be obliged by your sending me a packet of Ervalenta. When I was at Paris, in the month of July last, I brought a packet away. I commenced my curative treatment the 14th of September, and I confess I find it do me much good, which makes me apply to you for more.

Accept, Sir, my particular salutations.

Your most humble servant,

The Count F. DUCHASTEL.

La Haye (Holland), Oct. 5. 1846.

No. 138.

Gastritis of ten, and Constipation of four years' standing.

Sir, You tell me that some persons wish to have you beprohibited from selling the Ervalenta. They are in the wrong; for, as for myself, I cannot but highly praise it, after a gastritis of ten years, having had a great number of consultations of the best physicians of Valence, of Lyons, of Grenoble, of Marseilles, and even of Paris. After having applied their remedies, my malady increased during ten years. For more than four years I had been unable to go to the water-closet without the help of injections, and had had horrible sufferings. I attest that after having taken this farina four days, I went naturally to the water-closet without difficulty and without effort. I can affirm, then, that

the Ervalenta is a very salutary remedy against constipation and gastritis.

I have the honour to salute you.

ROLLET PIERRE.

Valence (sur Rhône), Oct. 5. 1846.

No. 139.

Two Cases.

1. Constipation.—Pains in the stomach—
2. Another case.

Sir, In answer to your letter of the 21st ult., in which you ask me how I have found the Ervalenta suit me, I beg to say as follows.

I made use of Ervalenta for about a year without ever failing to take it twice a day. Before using it I was obliged every day either to use an injection or to take a bolus, without which I never went to the water-closet.

The effect of the Ervalenta shewed itself about 8 or 10 days after I had taken it; and during this period of about a year, I used neither injection nor bolus: I mean that I went without them to the water-closet once a day, and during this time the pains in the stomach, although they had not entirely disappeared, became very slight in comparison with what they were before using the Ervalenta.

I must tell you that during some time, that is to say, during about 15 days, the pains in the stomach shewed themselves a little more than usual; as much, I mean, as before I used the Ervalenta. Not knowing to what to attribute this, I remained about a month without taking it; but after having resumed it, I obtained the same result as at first: the pains disappeared, and since this time I have been in a state of very tolerable health: I eat and drink what I please in moderation, and I make no further use either of injections or of boluses.

I hope, Sir, not to apply to you any more; but, to tell you the truth, if the pains should return, I should have recourse to the Ervalenta before consulting any medical man; for I consulted three or four of those of Amiens (where I was then staying), and they all told me that my malady was not mortal, but that it required much patience, and in fact neither their advice nor their exhortations were able to produce the effect of the Ervalenta.

One of my uncles, to whom I had parted with several packets, and who has since applied to you for more, has also found it do him much good.

Accept, Sir, the assurance of my perfect respect.

CIRRON (?).

Frenoz (?) - au-Val, Oct. 6. 1846.

No. 140.

The Ervalenta does much good.

Sir, I began to make use of it (of the Ervalenta) the 25th of August last : I find it do me much good. [In the remainder of this letter the writer requests a fresh supply of this farina and of Warton's Melasse].

Signed, PHILIPPON, (Proprietor.)

St. Gervais, (Beauvoir sur Mer, Vendée ;)
Oct. 19. 1846.

(See also No. 149.)

No. 141.

The Ervalenta does much good.

Sir, The person for whom I have applied to you for Ervalenta finds it do him much good, and desires me to request you to send him two more packets as quickly as possible, as his provision is beginning to get low, and he is afraid of not having enough to last him till the new supply arrives. Please to direct it, as on the former occasions, to St. Surpilat.

Signed, S. DUBOUCHAT.

Hospiade, Paray-le-Monial (Saône-et-Loire) ; Oct. 21. 1846.

(See also No. 153.)

No. 142 (see Nos. 91 and 105).

Experience of Ervalenta.

Sisteron, Oct. 21. 1846.

Sir, I shall be obliged by your forwarding me by diligence a packet of four kilogrammes of Ervalenta, and by the same recovering the value, as you have several times done. Having found it do me good to use it, I do not wish to remain without always having some at my disposal.

Accept the assurance of my particular respect.

The Chief Collector of Taxes
at Sisteron, LAUGIER.

No. 143.

Character of Ervalenta.

Sir, Would you be so kind as to forward to my address, as quickly as possible,

a packet of your excellent fecula Ervalenta ?

Signed, GOBAILLE, Priest,
Director at the Seminary.

Soissons (Aisne), Nov. 16. 1846.

No. 144.

Constipation and its effects.

Orchamps (Jura), Nov. 26. 1846.

Sir, Having been absent by leave when your letter arrived, and having returned only a few days ago, I hasten to comply with your wish by sending you a certificate testifying to the happy effects I have experienced from the use of the Ervalenta ; of which I shall be obliged by your sending me a packet, together with a bottle of Melasse, as quickly as possible ; for although, strictly speaking, I might do without it, I think nevertheless I ought to use it once a day.

I have the honour to be, Sir,
Your most humble servant.

A. DUMERT.

Certificate.

The undersigned certifies that he has been making use for about thirteen months of Ervalenta bought of the Maison Warton in Paris, at the House itself, and that he has obtained from it the most satisfactory results.

For more than fifteen years he suffered from a constipation of the most rebellious kind, which was followed up by very nearly all the ailments pointed out in Mr. Warton's pamphlet, such as pains in the head, stomach, and bowels, deafness, weakness of sight, want of sleep, pains in the limbs, &c. &c. Since he has been making use of the Ervalenta and of the Melasse called Cochinchinese (Warton's Melasse), a great many of his infirmities have altogether disappeared, and he has a well founded hope that, by continuing for some time longer the treatment prescribed by Mr. Warton, those which still remain will yield in like manner.

A. DUMERT.

Orchamps, Department of Jura ;
Nov. 26. 1846.

No. 145.

Constipation.

Sir, Having a friend who makes use of your Ervalenta, I have been persuaded by him to use it, which I am doing at this time. You speak of my walking out : I make a

point of taking a turn every day ; but I cannot go very far with legs of 81 years. I must tell you nevertheless that the third day after having taken your Ervalenta I went to the water-closet ; and I have continued to go every day, and without using injections. But I have still a pain in the side and stomach (&c. &c.).

My address is : " Bignon, Proprietor, and Member of the Municipal Council of the town of Dreux, Rue M———* "

I have the honour to be, Sir, your obedient servant,
BIGNON.

Dreux (Eure-et-Loir), Dec. 4. 1846.

No. 146 (see No. 83).

Constipation.

Sir, Since my wife has been making use of the Ervalenta, she finds her constipation much better, but directly she leaves off taking it for four or five days, she ceases to go to the water-closet ; so that she has determined to take it constantly.

Signed, PIGNON.

Couhé (Vienne), Dec. 7. 1846.

No. 147.

Experience of Ervalenta.

Sir, I shall be much obliged by your sending to the General Diligence Offices of Lafitte, Caillard and Co., rue St. Honoré, to the care of the correspondent of the establishment of the Diligences of Van Gind and Loos, in the same place, a packet of Ervalenta for Colonel Byrde, rue Wagenstraat, to the care of Stapers, at the Hague (Holland), to be paid for by the same mode of transmission. For the future I shall myself procure my excellent Ervalenta by this mode of conveyance.—I feel myself continually better and better ; and really I think I was impelled by a good genius the day I went to consult you.

Accept, Sir, the assurances of my particular respect.

Your servant,

The Count F. DUCHASTEL.

Heeren Gracht, The Hague, (Holland ;)
Dec. 11. 1846.

No. 148.

Ergalenta beneficial.

Sir, I shall be much obliged by your forwarding to my address, by diligence,

* We cannot decipher this name.

as quickly as possible, a packet lenta ; which I find do me good.

I have the honour to be, Sir,

Your most humble servant,

The Count D'HOFFE

19 Rue St. Dizier, Nancy (Meurt)
Dec. 15. 1846.

No. 149 (see No. 1.

Experience of Ervalenta.

Sir, I have the honour of request you to have the goodness to send me a fresh supply of your good farina valenta. [After some commercial with respect to this supply, which include also a bottle of Warton's the writer concludes by saying doing this, Sir, you will render greatest service. In the fear, then lest there should be any delay would be a great annoyance to by chance I should come to be your good farina, which I find much good,) I thank you for it in and have the honour, (&c.)

PHILIPPON, (Propri

St. Gervais, (Beauvoir sur Mer, V
Jan. 14. 1847.

No. 150.

Constipation and Bad Digestion

Rouvrel, Canton d'Ailly sur l

Jan. 17. 1847.

Sir, I shall be obliged by your sending me immediately a packet of Ervalenta. I have tried it only four or five days, and effect has appeared to me sur especially as regards constipation slow and difficult digestion, which caused me violent headaches for ten years. Be so good as to send me the address of the [Rural] Dean sur Noye (a railway station) between Paris and Amiens, to be forwarded the Curé [Incumbent] of Rouvrel parish of the said Canton of A Noye.

I am, Sir, your very devoted servant
PRUVOTT, Curé of Rouvrel

No. 151.

Several Physicians of Toulouse, including Dr. Dieulafoy and Dr. R recommend the use of Ervalenta.

(Extract of a letter from our Correspondent.)

"We have several Physicians

town who recommend the use of this remedy; such as M. Dieulafoy and M. Rolland."

Signed, For Mademoiselle CASSE,
AMOUROUX.

Toulouse, Jan. 28. 1847.

No. 152.

The Ervalenta procures great relief.

Sir, I shall be much obliged by your sending me by the bearer of this letter a fourth packet of your Ervalenta.

As I find that this farina really procures me great relief, and that I may hope to be cured, if I go on making use of it, I shall be obliged by your forwarding it at once, in order that I may not experience any delay in using it.

Accept my particular salutations.

SCHLUMBERGER, Watchmaker.

Mulhausen (Haut-Rhin), Jan. 30. 1847.

No. 153 (see No. 141).

Ervalenta very beneficial to a man of more than eighty years of age.

Sir, Please to send me three packets of Ervalenta as quickly as possible. The person for whom I have applied to you for it for the last three or four months has found it do him much good. He is an old man of more than eighty, who finds himself delivered from much discomfort and distress, since he has made use of your Ervalenta. He is however extremely weak, and, although well, can scarcely walk; and this for the last few months only. If you think this is the effect of the Ervalenta, have the goodness to let me know; or if there is any precaution to take as to his diet besides those which are indicated.

Your very humble servant,

S. DUBOUCHAT.

Paray-le-Monial (Saône-et-Loire),
April 18. 1847.

The following was our reply:

Madam, We send you the three packets of Ervalenta you request in your last.

The amelioration in the health of the good old man is very pleasing to us: we did not doubt that this would be the case. Keep always to the instructions in our book. As to his gradually getting weaker, it is but the result of his age, the unhappy tribute we all owe to time. The case would be much worse, if his

digestive canal were not amended in the course of its functions.

Accept, Madam, the assurance of our particular respect.

No. 154 (see No. 44).

The Ervalenta does great good.

Sir, The person for whom I have written to you several times finds your Ervalenta do her great good. The ordinary packets are of 4 kilogrammes, and cost 12 francs 50 centimes: she desires to have a packet of 12 kilogrammes; which please to forward by the Royal Diligence from Paris to Lyons.

• ROUX, *Curé of Larajasse,*
Canton of St-Symphorien-sur-Coire (Rhône).

Larajasse, April 30. 1847.

No. 155.

Constipation and many other ailments.

Notre-Dame de Mongères, Oct. 2. 1847.

Sir, One of our Monks, who has long been afflicted with obstinate constipation and many other ailments, has latterly made use of your Ervalenta: he finds it do him much good. Please to forward me immediately a packet of four kilogrammes by the diligence.

Signed, J. M. MARTIN, *Prior of the*
Chartreuse of Notre-Dame de Mongères near Pézenas (Hérault).

No. 156.

The use of Ervalenta most beneficial.

Sir, One of my friends having let me have a packet of your Ervalenta, I have found its use most beneficial to me. Will you have the goodness to send to my address as quickly as possible four kilogrammes of it?

Signed, L. LAMBRY, *Merchant*
at Ay in Champagne.

Ay, Oct. 17. 1847.

No. 157.

Dreadful Nervous Disease.

Sir, What thanks have I not to give you for your excellent farina! It has perhaps delivered me from the grave. To die so young! my heart often shuddered

at the thought that my days were numbered.

I have been afflicted with a nervous affection from the age of seventeen, and I am now twenty-three. Judge of my sufferings. I know no expressions by which I can explain to you what I have gone through.

If your farina cures me, I will furnish you with the particulars of my disorder, and give you a certificate with all my heart.

Pray excuse my letters. Being in so suffering a state, I cannot write without much difficulty.

Signed, Femme (Wife) P. ALLSAIRE,
born DEVANTE.

Fantenay-le-Comte (Vendée), Nov. 18. 1847.

No. 158.

Tendency to Constipation and its consequences.

St. Malo-du-Bois (Vendée), Dec. 4. 1847.

Sir, About a year ago I procured of you a packet of Ervalenta, in the hope of overcoming by means of this remedy a natural tendency of long standing to constipation and all its unhappy consequences. Your remedy has been of service to me. I shall be obliged by your sending me some more by wagon, as quickly as you can.

I have the honour to be, Sir, with gratitude, your most humble and obedient servant,
PICHARD, Officiating Priest
of St. Malo-du-Bois (Vendée).

SUMMARY VIEW

OF THE POWERS OF THE ERVALENTA,

AND CONSIDERATIONS

ON THE ADVANTAGES WHICH SUFFERERS

DERIVE FROM IT.

The medical science was already in possession of some means for the cure of inveterate constipation, by agents as well therapeutic as hygienic : the too sad forgetfulness of the latter and the momentary nature of the effects of the former condemned those who suffered from this terrible disorder, the inexhaustible source of various diseases, to pass the rest of their days in a kind of slow punishment, in the greatest uneasiness and misery. Purgatives and injections, so salutary on so many occasions, are two agents, which, with certain exceptions, will always do harm in the case of inveterate constipation : they can but aggravate it. Our mind, long occupied with this very important subject, led us to seek some certain method of preventing constipation, of destroying it when already in existence, and of hindering its return. We spared not our watchings, determined study, experiments without number. At length we succeeded in finding a substance which, free from every kind of pharmaceutical (medicinal) drug, perfectly assimilable, most innocent in its digestion, and of a very moderate price, radically cures the most obstinate constipation, which before had resisted the most varied medical methods. We mean the Ervalenta, an alimentary substance whose benefits are now felt in all parts of the world. What prodigious effects does it not produce wherever it is used !

In fact, if we consider that without animalization there is no health, that without the assimilation to our own organs of the substances we take, there is no reparation, there are no physiological acts ; that constipation renders impossible both assimilation and animalization, we shall easily understand that this pernicious state of the alimentary canal must necessarily bring on a multitude of different diseases, varying with the organs, and with the

functions they are destined to perform. The heart, the blood-vessels, the vessels which convey the lymph and the chyle ; the lungs, the brain, the spinal marrow ; the nerves of motion and of feeling, the organs of the senses,—of sight, hearing, smelling, tasting, and touching ; the cutaneous exhalants, the glands of secretion, the tissues, fibrous, adipose, cellular, tendinous, &c. &c.,—how shall all these repair their losses, accomplish their functions, and not become disordered, in a state of constipation ? A thousand different medicines are then employed, but very often without success, or with effects the contrary of those intended. Why, then, not attack the cause, the constipation ? All would be rectified by this method of acting, which is so rational and so obvious. It will be said, however, that purgatives, laxative, cathartic, and drastic, have been employed, and the effect of their action has been but a result rapid as lightning ; the disorder, instead of being cured, has been increased. This could not have been otherwise. Our Erythraea will produce other and very different effects, it will cure what the purgatives and the injections have been unable to cure, what they have aggravated.

Let us take a rapid survey of this subject.

Constipation is caused by a permanent irritation of the *mucous* membrane of the rectum (lower bowel) : this irritation, extending itself to the muscular membrane, constantly contracts this latter, and hinders the secretion of the former ; whence the stagnation of the fecal matter becomes inevitable. Then purgatives and injections are resorted to : they empty the bowels, but what effects do they leave after them ? They increase the local irritation, and the constipation becomes more obstinate ; the poor sufferers are forced again to have recourse to the same violent methods, and in the end, after a long use, paralyse the action of the bowels ; they are led to make insupportable and often fruitless efforts to expel the fecal matter, troubling thereby the nervous system, causing congestions of the blood to the brain, giving occasion to ruptures, and almost inevitable hemorrhoids (piles). The abuse of purgatives weakens and even destroys the power of digestion, banishes the appetite, throws the organs into a kind of marasmus (wasting away) ; they perform their functions badly, sleep fails, pain is felt *everywhere*, maladies without number declare themselves, and the

wretched sufferers, falling into a dreadful melancholy, go down to the grave victims to the remedies opposed to the cure of their constipation, the inexhaustible source of so many disorders.

Let us examine briefly some of them, and see the good produced by Ervalenta.

Gastritis and gastralgia, enteritis and enteralgia (see Chap. VI, Section 4), and all the maladies of the digestive tube have an obstinate tendency to become chronic when they have been neglected or wrongly treated in the beginning : the aliments made use of, increasing daily the irritation of the organs, soon bring on the melancholy results of which we have already made mention. If, instead of making use of an irritating nourishment, productive of these disorders, our Ervalenta were used, the cure would soon be effected ; for this, at once nutritious and perfectly assimilable, leaves no residue which can irritate the mucous membrane of any part of the digestive tube : accordingly, the evacuations of the fecal matter are performed regularly and altogether freely, and the whole is restored to order. The general disturbances, the new disorders of every kind to which these had given birth, disappear progressively after them.

The maladies of the liver, of that so important organ, an organ as difficult to explore in its physiologico-pathologic acts as it is easy in its anatomical proportions, have many a time embarrassed the most able practitioners. Nevertheless, the use of Ervalenta has rendered their cure as easy as that of other organs ; and this is fully accounted for, when it is borne in mind, that the purpose of this organ is to accomplish the digestion in common with the stomach and bowels, and that when these latter have been reestablished by the Ervalenta, the liver, as a necessary consequence, returns to its normal state.

It is well known how common affections of the heart and of the whole tree of the circulation of the blood are, and it is easy to understand how much a bad state of this fluid must have to do with the production of these maladies. Without a perfect digestion, there is no normal formation of blood ; without pure blood, no regularity in the circulatory movement, no reparation of the organs ; all is out of order. Destroy the constipation, and the digestion will become easy, the assimilation of the nutritive mat-

ters will take place without difficulty, the blood will be renewed, its centre of circulation will resume its usual motion, and all our tissues will repair their losses. Is there any incurable anatomico-pathological damage? if there be, strive more than ever to avoid or destroy constipation : this is of the utmost importance. And if, as we have already proved, the Ervalenta is endued with properties capable of bringing about this beneficial result, it will easily be seen of how great service the use of this valuable substance must be in cases of this kind.

The lungs, the organs of our respiration, are liable to different maladies, some of which last as long as life itself :—how shall they escape damage, if the blood which it is their office to purify (burning by means of the oxygen of the air the carbon which this fluid rejects),—if the blood, by which also they must be nourished, does not contain the normal proportions, or carries with it in its course heterogenous principles which are deposited here and there, forming so many foreign bodies, real parasites, which must hereafter constitute a destruction of the tissues. Pulmonary consumption, chronic bronchitis, pneumo-thorax, hydro-thorax, &c. &c. are maladies which destroy a great part of our species, after having made them pass through every degree of the most painful decline. We pretend not to cure these diseases, but we venture to affirm that by the use of our Ervalenta many of these wretched sufferers would find their lives less languishing and of longer duration. In all these maladies the patients are afflicted either with an obstinate constipation, or with a diarrhœa without limit. What more natural than to put the digestive tube in order, to combat this complication which further aggravates the principal malady? Can the use of Ervalenta ever be better prescribed than in this case? We have sufficient experience in the matter.

Headache, the different neuroses, sick headaches, &c., hypochondriasis, epilepsy, catalepsy, hysteria, and a multitude of different disorders of the encephalo-rachidian system (the system of the brain and spinal marrow) are disorders almost always connected with a bad state of the digestive organs, and are often seen to disappear when these latter begin to perform their functions in a *normal manner*. We have no occasion to enter into long explanations; but, keeping in view all we have already repeated,

I advise in all these cases the use of our Ervalenta, which, by checking the cause, would destroy its effects; and they who make of it can but thank us, when they find themselves freed thereby from affections of the kind, against which a great number of remedies had failed.

Hemorrhoids (piles) are an altogether mechanical effect of constipation. By the efforts which constipated persons are forced to make, the vessels of the anus are compressed, the veins gorged with blood enlarge themselves, the blood becomes stagnant and coagulates, and there is produced a real varix, a new obstacle, and which increases unceasingly the difficulty of the evacuation of feces. Once more, destroy the cause, and its effect will no longer be produced. Render the digestion easy, keep the bowels free, the hemorrhoids will torment no longer. The use of the Ervalenta will produce this so salutary effect: all other means, purgatives, injections, narcotic unguents, will be ineffectual for the cure, and the evil can but increase.

After the fall of the rectum, and its permanent and spasmodic traction, we should have but to repeat the same causes, the same means as the preceding.

Intestinal eruptions, of so many kinds as they are, proceed very frequently from constipation and from laborious digestion. The use of the Ervalenta, by banishing these two causes, cures several of these affections, and we have ascertained it in a certain number of cases.

Were we to speak of all the maladies which are caused or aggravated by constipation, bad digestion, the pathological state (in short) of the digestive tube, we should never have done; for what is the organ which is not subjected to its influences? And consequently, what organ is there which would not return to its normal state or be benefited by the use of the Ervalenta? How many advantages should not derive from its employment in almost all maladies in their chronic state, and in their acute state when nourishment is to take place of abstinence? Can we find a nourishment more wholesome, more easy of digestion, more progressive in its mode of clearing the system, more innocent? Ought not persons to expect to cure a very great number of disorders of the most different kinds by this one treatment? May the Ervalenta be one day ex-

tended everywhere for the advantage of suffering humanity!

Persons of studious habits, all who lead a sedentary life, women especially, victims as they are of maladies peculiar to their sex and to their kind of life, are just those to whom we ought to address ourselves more especially; for it is they who are the most subject to bad digestion, constipation, and their melancholy consequences. How frequently would they escape by the use of Ervalenta so many disorders which oppress them, so many drugs by which they are relieving for the moment an evil which must soon grow worse and produce another much more prejudicial, so many examinations more or less repugnant to their feelings, sometimes injurious, so many incisions with the knife and cruel cauterizations, of which modern surgery is so lavish,—in a word, a life so sad and miserable, and lastly a premature and inevitable death!

In the case of infants, among whom death makes such ravages, is it not true that the bad state of their abdominal viscera brings on constipation, convulsions, diarrhœa, difficult teething, eruptive diseases, paralysis, cramp, worms, peritonitis (inflammation of the peritoneum), gastritis, gastralgia, hepatitis (inflammation of the liver), tubercular consumption, the stone, biliary calculi, &c. &c.? Why then deprive these innocent beings, in the beginning of their gastro-intestinal derangements (derangements of the stomach and bowels), of a substance which, arresting the progress of these indispositions, would prevent the arrival of one or of several of these maladies, under which at a later period the half of those who are attacked by them will sink? The use of the Ervalenta produces in the case of adults benefits without number; but in the case of infants, we venture to affirm that this substance, suitably employed, would save the lives of the greater part of those who would sink in spite of the usual methods.

Aged persons, whose abdominal viscera are the first organs to get out of order, have need to support themselves on aliments in accordance with the diminished strength they possess. It is not difficult to arrange their diet; but constipation and difficult digestion declare themselves, together with the train of terrible diseases which are their necessary consequence, and to which advanced age predisposes, and then we see all the means employed to arrest the rapid progress of these disorders fail; or they lan-

guish under the effects of a diarrhoea without limit, and die altogether exhausted. If, in case of any derangement, they made use of Ervalenta, they would soon be reestablished, they would avoid diseases which are not far off, they would prolong their lives beyond what we are accustomed to see.

Finally, during convalescence from sickness, every precaution will become insufficient, if at the beginning, persons in this state are allowed to have aliments which their digestive powers cannot as yet bear. We have daily to deplore the most melancholy consequences, produced by this unpardonable fault, especially after diseases of long duration, or painful by means of the injury they have done. The use of our Ervalenta would render the greatest service in these cases. Being a substance of the most digestible nature, nourishing without danger, it would fortify the convalescent, and soon bring him into a condition to digest everything. Let this intimation be borne in mind, with the view especially of applying it to the case of infants, of aged persons, and of persons of a delicate constitution.

We have seen in all that precedes that the Ervalenta is a substance purely alimentary, of an agreeable taste, eminently easy of digestion, endued with a reparative power of the most innocent kind. It has the virtue of curing the most inveterate and obstinate constipation, all derangements of the gastro-intestinal tube (that of the stomach and bowels), and the numerous maladies which arise out of them. This truth is confirmed by reasoning, by the numerous Attestations which we give to the public in this Work, and by many others which we reserve, and which we are continually receiving. The gratitude of those who have experienced the beneficent, and as it were prodigious, effects of this substance so long sought by us, renders us this homage. Grateful as we are for the justice which is thus done us, we will conclude by saying that the great services we have been permitted to render to sufferers by the discovery and use of the Ervalenta, ought still more to fill our hearts with joy.

Note.—We are happy to furnish Ervalenta gratis to medical men, in order to enable them to ascertain for themselves that this alimentary substance has the properties we ascribe to it.

APPENDIX.

We think it right, for the sake of sufferers as well as for our own, to inform the public that the great services rendered to society by our Ervalenta and Melasse, — services now proved indisputably by so great a number of Attestations from physicians and others of the highest respectability, in France, in England, and elsewhere,—that these services have long since given rise to the most discreditable jealousies, persecutions, and rivalries.

I. How many malevolent articles have appeared in the newspapers with respect to these two substances! And yet it is remarkable that their authors, although they find fault with the supposed nature of the substances in question, have not ventured to affirm, either that, when employed according to our instructions, they do not cure the disorders which both we and the authors of our Attestations affirm that they do cure; or, secondly, that these so numerous and so remarkable Attestations themselves, of or any part them, were false or not genuine. They have pretended, it is true, that certain chemists have analysed the Ervalenta, and ascertained its source; and in this way no less than eight different plants have been assigned as its origin!—The effect, however, of such articles has been, as might be expected, merely to shew the malevolence of the writers and the absurdity of their assertions.

II. Of the persecutions of which we have been the object, the legal proceedings which the French Government, at the instigation of the Society of Apothecaries, directed against us, furnish an example. The motive for such acts of hostility (acts affecting not ourselves only, but also the recovery and preservation of the sick) is not difficult to understand; for our Ervalenta and Melasse are destined to take the place of the undue use of purgatives and injections. The result, however, of these persecutions has always been to advance the propagation of the Alimentary Method; 1. by shewing that the allegations made against us have been without foundation; and 2. by increasing very considerably the number of our Attestations, as may partly be seen from the preceding Collection itself. How complete a victory, in the case of the above

proceedings, justice soon awarded to us, the extracts given in the Sixth Chapter (Section XII) have already intimated.

III. A good number of fraudulent imitators have succeeded one another from time to time, the present not excluded. Their cupidity easily directs them to substances which to the eye resemble our Ervalenta and Melasse; and having found in the *Materia Medica* drugs to mingle with them, they have formed absurd and injurious compositions. Their course, however, has soon been stopped, either by the laws, or by the bad effects of the substances, which they pretended were identical with ours. How many methods have they not adopted to counterfeit our products? Our provincial depots have been abused to this purpose, which has obliged us to have no more; our servants have been interrogated with the view of discovering the secrets of our invention, a thing not a little ridiculous; for who would be so senseless as thus to confide secrets of such importance, and which on the morrow would cease to exist? Persons have even had the audacity to translate from the French, and publish as their own, a part of this very Work, for the purpose of selling a production to which a senseless name has been attached. All this, however, has had after all, no other effect than to present in a stronger light the immense advantages of our Natural Means, of our Ervalenta and Melasse; leaving to the fraudulent imitators the sad recollection of so discreditable a line of conduct, and of the evil they have done.

We intreat those who make use of these substances, both for their own sakes and for ours, to be on their guard with respect to counterfeits.

The way not to be deceived is :

1. To make application to our own Agent, Mr. J. Youens, 36 Farringdon Street, City, London ;
2. To be sure that our signature and our seal *in their entire state* are found on each packet of Ervalenta and each bottle of Melasse, as we give them here :

Warton



3. that the names *Ervalenta* and *Warton's Melasse* are also found on the packet of the one and the bottle of the other, and that without the smallest change;

4. that the packet of the one is full, and its wrapper entire; the string of the bottle of the other undivided.

It will of course be obvious from what we have just said, that there can be no safety in buying as *Ervalenta* or as our *Melasse* any substances which either apothecaries or others may sell in small quantities, as portions of our packets of the one, which are *always* of four, or of our bottles of the other, which are *always* of three kilogrammes (see pages II and III of the cover). It is in this way however, that in some towns of France certain apothecaries offer as our *Ervalenta*, and even at a considerable advance of price, substances of their own composition and, for the most part, to say the least, of a noxious character. Among these there is one which, besides the usual quality of being injurious to the health, possesses also a second characteristic of fraud, *that of becoming black when cooked*.

It is right also that the public should be on their guard against persons who profess to be able to furnish them with genuine *Ervalenta*, because they have been employed in our House, as if we should ever have taught them the secret nature of either of our two products.

We pretend not to hinder any one from compounding substances to be used with the same object as ours. We desire only that persons do not use our signature, or our seal, or our special designations of *Ervalenta* and *Melasse* called *Cochin-chinese* (*Warton's Melasse*); names and rights which belong to us alone, and which we shall know how, by legal and by other means, to make them respect.

In conclusion, we intreat both medical men who prescribe, and patients who make use of these substances, to have the goodness to communicate to us, for the advantage of others, the cures they may have obtained from them, or of which they may have been witnesses.

It is particularly to be desired that these testimonials should specify, so far as may be, the disorders cured or benefited by the *Ervalenta*, together with such other particulars as may be of im-

in a medical point of view;—as when it is taken by
 or aged persons (whether ill or in health), by young
 or others in a weak or delicate state, by women dur-
 ing pregnancy, or by convalescents; — or its effects on somno-
 lency, on sleeplessness, on rheumatic affections and on gout,
 on apoplexy, in retarding or keeping off the attacks of apoplexy,
 on persons threatened with, or suffering from, pulmonary con-
 sumption, on cutaneous eruptions, on habitual headache, on the
 and on all disorders of any part of the alimentary canal,
 on others of which we have spoken in the Sixth Chapter or
 before, on chronic and complicated maladies in general, and
 on those which have resisted every other kind of
 treatment.

particularly beg the favour of being allowed to add to these
 particulars the names and addresses of the persons who transmit
 to us, these accessories being almost indispensable, if the
 communications are to be of any use; but whensoever the permission to
 publish shall be refused us, we shall scrupulously respect the will
 of our correspondents.



ERRATA.

Page 6, line 1, read : " hypochondriasis".

Page 32, note (*), read : " or any kind of lesion".

Page i, note 5, read : " with the exception of those Nos".

Page ix, No. 27, read : " for 30 years, and had not" — " well and comfortable; and, being obliged" — " (*enemata*), I was often".

Page xv, No. 42, read : " that it has certainly relieved me".

Page xvii, in the heading of No. 48 read : " flesh and strength".

Page xxii, No. 75, in the heading and in col. 2, read : " light and digestible diet".

Page lxxvii, line 2, read : " to remedies".

Page lxxviii, line 12, read : " escape lesions".

Ibid., line 16, read : " deposited".

Page lxxxii, line 15, read : " or any part of them, were false or wanted authenticity".

TABLE OF CONTENTS.

	Pages
<i>Notices.</i>	(iii), (iv)
ERVALENTA, OR A NATURAL AND ALIMENTARY METHOD OF RESTORING, PRESERVING, AND FORTIFYING HEALTH. — General Observations.	1
<i>Chapter I.</i> Importance of the digestive function. — Indication of the normal and healthful state of the digestive organs. — Maladies of these organs. — Importance of not neglecting them. — A striking example.	5
<i>Chap. II.</i> Consequences of an unhealthy state of the digestive organs.	10
<i>Chap. III.</i> Quotations from the Works of some of the most eminent medical men concerning the bad consequences of an unhealthy state of the digestive organs, and the necessity of rendering that function regular. — Summing up.	13
<i>Chap. IV.</i> Insufficiency of the ordinary means for the cure of the maladies of the digestive organs. — Superiority of the Alimentary Method.	24
<i>Chap. V.</i> Cure of the maladies of the alimentary canal, and of those which depend upon them.	29
Indication, under twelve heads, of the principal properties of the <i>Ervalenta</i>	30
Note concerning the manner of using this farina, as also concerning <i>Warton's Melasse</i>	31
<i>Chap. VI.</i> Demonstrative Examination of the Principal Properties of the <i>Ervalenta</i> : Development, in twelve Sections, of the twelve heads given in Chapter V.	
<i>Section I.</i> Digestibility of the <i>Ervalenta</i> . — Proofs that the <i>Ervalenta</i> is most easy to digest.	32
<i>Sect. II.</i> Efficacy of the <i>Ervalenta</i> against constipation and the Hemorrhoids (Piles) — The <i>Ervalenta</i> pottages furnish a simple and agreeable method of destroying the most inveterate constipation: they make the bowels perform their functions regularly. — The cure of constipation brings with it that of the hemorrhoids also. — Constipation during pregnancy.	34
<i>Sect. III.</i> Cure by <i>Ervalenta</i> of Chronic Diarrhoea and other alterations as to the nature and consistence of the excrements.	38
<i>Sect. IV.</i> Cure of Gastritis and Gastralgia, Enteritis and Enteralgia, by the <i>Ervalenta</i>	40
<i>Sect. V.</i> Cure of Dyspepsy by <i>Ervalenta</i> : Restoration of the Digestion.	41
<i>Sect. VI.</i> Incontestable advantages of the <i>Ervalenta</i> in cases of weakened physical (natural) powers. — Convalescents. — Weak and delicate persons. — Aged persons. — Weak and rickety children.	42
<i>Sect. VII.</i> Disorders of the Liver: Biliary Disorders.	44
<i>Sect. VIII.</i> Hypochondriasis and Melancholy: indisputable utility of the <i>Ervalenta</i> in these cases.	47

<i>Sect. IX.</i> The use of the Ervalenta brings with it the cure, or at least the alleviation, of the disorders of the Nerves.	48
<i>Sect. X.</i> Utility of the Ervalenta in cases of perturbation of the Urinary secretion, and of alteration of the Urine.	51
<i>Sect. XI.</i> Various Disorders.—How the Ervalenta cures so many other disorders.	52
<i>Sect. XII.</i> Indisputable Harmlessness of the Ervalenta.—Proofs that it contains no medicinal substance, and cannot in any case do harm.	53
<i>Notes.—Additional English Attestation.</i>	54, 55
<i>Motives for attentively perusing the following Documents.</i>	55, 56
SERIES OF DOCUMENTS, CONSISTING OF CERTIFICATES, TESTIMONIALS, AND DECLARATIONS, BOTH OF MEDICAL MEN, AND OF PATIENTS CURED OR BENEFITED BY THE USE OF ERVALENTA. IN TWO DIVISIONS; THE FORMER CONTAINING ENGLISH AND OTHER, THE LATTER FRENCH AND OTHER, ATTESTATIONS.—Preliminary Notes.	i
I. ENGLISH DIVISION. Three Testimonials of Medical Men : (for a fourth see Chap. VI, Sect. 12).	ii
116 General Attestations : (for a 117th see Chap. VI, Sect. 12.)	iii
II. FRENCH DIVISION. Ten Testimonials of Medical Men.	xxxvii
148 General Attestations : (for ten more see the references in Note II at the end of Chap. VI.)	xxxix
SUMMARY VIEW OF THE POWERS OF THE ERVALENTA.	lxxv
APPENDIX.	lxxxii
<i>Errata.</i>	lxxxvi



